



# COVID-19 RECOVERY

## What You Need to Know

**People across NJ are recovering every day from COVID-19.**

### Feeling Better



Overall, feeling better means:

- your fever is gone,
- your respiratory symptoms have greatly improved, and
- you feel generally recovered from your sickness

### Returning to Work



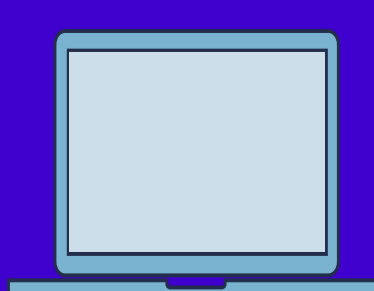
If you tested positive for COVID-19 and have symptoms, you can return to essential work and daily activities once:

- At least 10 days have passed since symptoms first appeared, AND
- You are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine), AND
- Your other symptoms such as cough or shortness of breath have improved

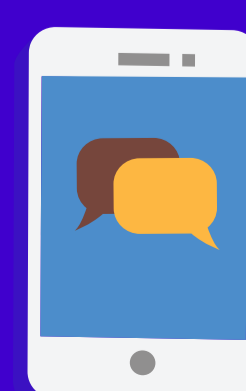
### Staying Healthy



- Wash your hands and clean high-touch items often
- Cover coughs and sneezes with a tissue or your elbow
- Avoid sick people
- Follow social distancing and face covering guidelines



<https://covid19.nj.gov/>



Questions? Call 2-1-1 or text NJCOVID to 898-211