COVID-19 POSITIVE OR HAVE SYMPTOMS?

STAY HOME, MASK AND MONITOR

STAY HOME FOR 5 DAYS

Start counting on the date of your positive test*, OR on the first day of symptoms.

If you start out without symptoms, but get symptoms within the 10 day period, begin the 5-day count again. The first day of symptoms is your new Day 0.

Day 0

THE DATE OF YOUR POSITIVE TEST OR YOUR FIRST DAY OF SYMPTOMS

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 6

NO FEVER

AND your other symptoms are gone or getting better?

You may leave the house, but wear a mask until day 11.

Day 6

WITH FEVER

Continue to stay home until your fever is gone and your symptoms are getting better.

Wear a mask until at least day 11.

Day 7

Day 8

Day 9

Day 10

Day 11

Resume normal activities if your fever is gone and your symptoms are greatly improved.

NOTE: No fever means your fever has been gone for at least 24 hours without using fever-reducing medications.

These guidelines apply to the general community regardless of whether they received COVID-19 vaccination. People with moderate or severe illness, those with weakened immune systems, and people living in high-risk or group settings may need to isolate longer than 5 days.

OTHER THINGS TO DO

Give space to people you live with and DO NOT host visitors. Stay in a separate part of your home and use a different bathroom if you can.

As always, clean all "high touch" surfaces. Wipe down and sanitize shared spaces often. Wash hands often with soap and water for 20 seconds.

Wear a mask for 10 days over your mouth AND nose (even at home if you live with other people)!

Watch for symptoms of COVID-19 such as cough, shortness of breath, fatigue, lost of taste/smell, headache, body aches, sore throat, fever, chills, diarrhea.

Avoid travel, public transportation, and anywhere that you can’t wear a mask (restaurants, bars, people’s homes, etc.) from day 5-10.

Learn more about COVID-19 at nj.gov/health/cd/topics/ncov.shtml

*If you are asymptomatic (never develop symptoms), day 0 is the day you were tested (not the day you received your positive test result), and day 1 is the first full day following the day you were tested.