

## COVID-19

# You've tested: **POSITIVE**

### WHAT SHOULD YOU DO?

- ✔ **Self-isolation** is mandatory by order of the Georgia Department of Public Health ([dph.georgia.gov](https://dph.georgia.gov)). **You MUST stay home**, except to get medical care.
- ✔ **Notify contacts** of your illness + ask them to participate in contact tracing. <https://dph.georgia.gov/contact-tracing>
- ✔ **Monitor your symptoms** – if symptoms get worse, **contact your healthcare provider**.
- ✔ **While at home:**
  - **Separate yourself from others**, keep 6 feet between yourself + others, use a bathroom no one else uses, don't allow visitors in your home
  - **Wear a face mask** around others + if you go to a healthcare facility
  - **Wash your hands often** with soap + water for at least 20 seconds
  - **Avoid touching your mouth, eyes + nose** with unwashed hands
  - **Cover your cough or sneeze** with a tissue + throw it in the trash
  - **Avoid sharing** dishes, drinking glasses + cups, eating utensils, towels + bedding
  - **Frequently clean "high touch"** surfaces — doorknobs, counters + tabletops, tables, phones, TV remote
- ✔ **Remain under home isolation precautions until:**

**72**  
HOURS

Fever-free *without*  
using medicine

+



Symptoms  
*improved*

+

**10**  
DAYS

Since symptoms  
*first appeared*

**For more information about contact tracing:**

**[dph.georgia.gov](https://dph.georgia.gov)** or call the Contact Tracing Hotline **1-888-357-0169**

## COVID-19

# You've tested: **NEGATIVE**

## WHAT DOES THAT MEAN?

**If you test negative for COVID-19**, you probably were not infected at the time your sample was collected. However, that **does not mean that you will not get sick**. The test result only **means that you did not have COVID-19 at the time of testing**.

**Take preventive measures** to protect yourself + others from becoming infected with COVID-19:

- **Practice social distancing** — keep 6 feet between yourself + others
- **Wear a face covering** in community settings where social distancing may be difficult, such as in the grocery store, parks, riding public transportation, and **especially** in areas of widespread community transmission of COVID-19
- **Wash your hands often** with soap + water for at least 20 seconds, if soap + water are not available, use an alcohol-based (at least 60% alcohol) hand sanitizer
- **Cover your cough or sneeze** with a tissue + throw it in the trash
- **Frequently clean “high touch” surfaces** — doorknobs, counters + tabletops, tables, phones, TV remote
- **Monitor yourself** for symptoms of COVID-19



COUGHING



SHORTNESS OF BREATH



FEVER



SORE THROAT



NEW LOSS OF  
TASTE OR SMELL



MUSCLE PAIN



CHILLS