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). 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 or call the Contact Tracing Hotline 1-888-357-0169
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

**COVID-19**

You’ve tested: **NEGATIVE**

WHAT DOES THAT MEAN?