

Timing for Covid-19 positive Isolation

- **If you test positive for Covid-19**

1. If you have had symptoms- your Day #1 would be the first day of your symptoms
2. If no symptoms or you are not sure what day they started- your Day #1 would be the day of your positive Covid-19 test.

	Date of first symptoms or positive test (whichever occurred first) Day # 1	Day #2	Day #3	Day #4	Day #5	Day #6	Day #7	Day #8	Day #9	Day #10
Date										

How to isolate: Stay home except to get medical care

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people, if you are able to

When to seek emergency medical attention:

Look for **emergency warning signs** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing—If you have a finger pulse oximeter then Oxygen saturation persistently <90% is concerning
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.