

COVID-19: When to Stay Home

If you test positive for COVID-19.

Days 1-5:

- Stay home and isolate yourself for 5 days.
- Wear a mask that fits well when you are around other people in your home.
- Do not travel.

Days 6-10:

- If you have a cough, fever or shortness of breath, continue to isolate at home for 5 days.
- If you have no symptoms (asymptomatic) or mild symptoms (such as a runny nose, sore throat or headache), if possible, continue to isolate at home for 5 days to ensure you are no longer shedding virus.
- Continue to wear a mask that fits well when you are around other people.
- Avoid travel.
- Avoid being around people who are at high risk for getting very sick with COVID-19, this includes not visiting the hospital. All visitors to UCHHealth hospitals will be asked to postpone their visit for 10 days.
- Reschedule all non-urgent medical care. All patients will be asked to reschedule non-urgent appointments for 10 days.

**People who are moderately or severely immunocompromised or people with symptoms severe enough to be admitted to the hospital, might have a longer infectious period and should isolate for 20 or more days.*

What if I was exposed to someone with COVID-19, but I don't have symptoms and I haven't tested positive?

- Watch for symptoms for 10 days after close contact with someone who tested positive for COVID-19.
- Avoid being around people who are at high risk for getting very sick with COVID-19 (like unvaccinated people, immunocompromised people and pregnant women). All visitors to UCHHealth hospitals will be asked to postpone their visit for 10 days.
- Reschedule all non-urgent medical care. All patients will be asked to reschedule non-urgent appointments for 10 days.
- Wear a mask in public.
- Get tested about 5 days after your last close contact with the person who tested positive.
- Avoid travel.
- If you develop symptoms, start isolating immediately and get tested.

How to stay safe from COVID-19:

- The best way to stay safe is to get vaccinated.
- Vaccinated people are much less likely to get very sick or need to go to the hospital if they get COVID-19.
- Learn more about COVID-19 vaccines by visiting uchealth.org/covidvaccine.

