How to Isolate When You Have COVID-19

This is an easy guide on how to take care of yourself and ISOLATE if you have COVID-19.
denverpublichealth.org/HowToIsolate

Stay Home

You should stay isolated until you have ALL of these indicators of health:

- **At least 10 days** have passed since symptoms first appeared.
- **At least 24 hrs** with no fever without using any medication for reducing a fever (like tylenol).
- **Your symptoms have improved.**

If you tested positive for COVID-19 but don't have any symptoms, stay home for at least 10 days after your positive test. You do not need a negative to test to return to work if 10 days have passed.

Isolating with family members in the home:

- **Always wear a mask.**
- Stay in a room just for you.
- Stay away from your pets.
- Stay away from everyone, especially people at high risk.
- Use a separate bathroom. If you cannot, you must wear a mask when going to the bathroom. Let the room ventilate before anyone else uses it and wipe down surfaces with bleach products after each use.
- Sanitize your area regularly and make sure it has good ventilation (close to a window you can open).

Monitor your symptoms. If they are getting worse, it may be time to call 911

"I was really afraid after I tested positive for COVID-19. I have little ones. The Home Visit Team helped ease some of the worry. - EPS program participant"