

WHAT TO DO IF YOU HAVE COVID

A guide for preparing for illness, preventing spread, managing symptoms, & recovery

The People's CDC has reviewed up-to-date research to create evidence-based guidelines and recommendations for what to do if you have COVID. This one page document is meant to serve as a simplified and printable guide. For more detailed information, please visit our full resource guide at peoplescdc.org/resources.

LAYERS OF PROTECTION

- You can help prevent COVID spread by using **multiple layers of protection**: Ventilating and filtering air; masking with high-filtration masks; staying up to date with vaccines and boosters; testing before seeing others; testing and isolating after possible exposures; and physical distancing and limiting time indoors.
- If you share living space with others while isolating, you can implement additional **household-specific layers** of protection. These include creating isolation zones, minimizing time spent in shared zones, and clearly communicating the use of layers of protection within your household.

PLANNING AHEAD

- Improve the **air quality** of your home with humidifiers, purifiers, and open windows.
- Have supplies, contact info (medical provider, testing, social supports), and a **plan of action** ready in case of illness. Familiarize yourself with your work or school's COVID policy and devise ways to extend the 5-day isolation period, if possible.

EXPOSURE & TESTING

- **If you've been exposed** to someone who has COVID via shared air, you should isolate yourself for a minimum of 7 days. You should use multiple tests over the course of 5-7 days to determine if you are negative.
- **If you test positive**, you should isolate yourself for a minimum of 10 days after your first positive result. After 10 days, use rapid tests to find out if you are negative.
- **If you are experiencing symptoms**, but do not have access to adequate testing, you should isolate yourself for a minimum of 10 days after the first day of symptoms.
- If you test positive or experience symptoms, **notify anyone you have seen** in the past 7 days and share this guide, so they can isolate and protect others as well.

SHORT & LONG-TERM RECOVERY

- If you have COVID, we encourage you to speak with a medical provider about options for **pharmaceutical treatments** as soon as possible.
- Some **home remedies** may be helpful to you depending on your symptoms: over the counter pain relievers and fever reducers; cough suppressants and lozenges; and medicine to help you manage an upset stomach.
- It is incredibly important to **rest as much as possible** (avoid physical and mental exertion) both during *and* after your infection to help with recovery *and* potentially help prevent Long COVID. You can find more information about specific recommendations for pacing in our full resource guide.