

My Health Status	Actions to Take
I am not sick and have no symptoms ¹ of illness	Monitor your health. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places.
I am not sick and have no symptoms ¹ of illness, but I have underlying health issues OR I am not sick but am an older adult (ages 60-65 and older)	Monitor your health. Look for symptoms ¹ of illness. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places.
I am not sick and have no symptoms ¹ of illness, but I was a casual contact* of a confirmed COVID-19 case	Monitor your health. Look for symptoms ¹ of illness. If symptoms are mild, you can most likely recover at home. Wash hands often, practice social distancing, avoid sick people and wear a face covering if you go to public places. Consider getting a COVID-19 test.
I am not sick and have no symptoms ¹ of illness, but I am a household/close contact* of a confirmed COVID-19 case	Monitor your health. Stay home for 14 days after last exposure to the confirmed case. Look for symptoms ¹ of illness. If symptoms are mild, you can most likely recover at home. If symptoms begin to worsen and you need medical care, call a health care provider. Wash hands often. Do not go to work/school/public places. Consider getting a COVID-19 test.
I am mildly** sick with symptoms ¹ of illness	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve and you need medical care, call a health care provider. Wash hands often and do not go to work/school/public places. Consider getting a COVID-19 test.
I am an older adult and/or have underlying health conditions and am mildly** sick with symptoms ¹ of illness	Contact a health care provider and monitor your health. The provider may recommend that you get tested for COVID-19. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Most likely, you can recover at home. If symptoms worsen/do not improve, call a health care provider for medical care. Wash hands often and do not go to work/school/public places.
I am moderately** sick with symptoms ¹ of illness (i.e., my symptoms are getting worse/are not improving)	Monitor your health. Stay home until you are fever-free for 72 hours (or 3 full days of no fever without the use of fever reducing medicine) AND your other symptoms have improved AND at least 10 days have passed since symptoms first appeared. Call a health care provider and let them know your symptoms are not improving and you need medical evaluation. Provider may recommend COVID-19 testing. Stay home unless need to go to a medical facility. If you go to a medical facility, wear a face covering. Wash hands often and do not go to work/school/public places.

¹**Symptoms** of COVID-19 include: fever, cough, shortness of breath, chills, shivering, muscle pain, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea/vomiting, diarrhea

***Casual contacts** are defined as being in the same indoor environment (e.g., classroom, office, or gathering) with a symptomatic confirmed COVID-19 case. **Household contacts** are individuals who live in the same house as the confirmed COVID-19 case. **Close contacts** are individuals who were within 6 feet of a confirmed COVID-19 case for a prolonged period (about 10 minutes or more) or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on). Walking past a confirmed COVID-19 case or just being in the same building does NOT qualify as being a close contact.

** **Mild** illness = not feeling well but can stay home. **Moderate** illness = may need medical evaluation.