

When you provide all of your contacts, you are helping stop the spread of COVID-19.

1 You tested positive for COVID-19.



You must stay home.



Home isolation and at-home care for 14 days is what most people need. Be sure to:

- Isolate in one room, and have sole use of a bathroom if possible.
- Keep track of your symptoms.
- Get rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention's guidance for at-home care: [CDC.gov/coronavirus/2019-ncov/if-you-are-sick/](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/).

2 A local epidemiologist will ask, "Who have you been in contact with over the last two weeks?"



These contacts show symptoms. They must self-isolate at home for 14 days. If their symptoms get worse, they will probably be tested.



These contacts may be asked about their contacts.

3 The epidemiologist and your county health department will monitor you and your contacts over a number of days.



This missed contact could spread COVID-19 to other people.



To slow the spread of COVID-19, epidemiologists will try to find this contact.

This contact shows no symptoms. They will be asked to self-isolate for 14 days.



Some people with COVID-19 have no apparent symptoms.

This contact will also be asked to:

- Practice social distancing: keep at least 6 feet between themselves and others.
- Keep track of possible COVID-19 symptoms: fever, cough and shortness of breath.
- Find more information: [FLHealthCOVID19.gov](https://www.flhealth.gov/covid19) or [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus).

County health department contact information can be found at [FloridaHealth.gov](https://www.flhealth.gov).