If you have been diagnosed with COVID-19, follow the steps below to monitor your health and avoid spreading the disease to others:

**Communicate with Public Health**
- After your diagnosis, you will receive a call from public health. It may take a few days for public health officials to contact you, and they will ask about your activities before and after you became ill.

**Isolate Yourself**
- You should strictly isolate yourself at home for at least 10 days after you became ill, and you should be feeling well (and without fever) for at least 3 days in a row before resuming normal activities.
- Other members of your household should also stay home, and no visitors should be allowed.
- Stay in a specific room and away from other people in your home to the extent possible. Use a separate bathroom, if available. Household contacts can consider relocating to a separate, uninhabited housing location if available to decrease their risk of exposure.
- Where possible, ask others such as friends or family, to get food or necessities for you.
- If you must leave home, such as to seek medical care, wear a surgical mask if you have one.

**Inform Your Close Contacts**
- Your close contacts will also need to stay home for 14 days after their last contact with you.
- Close contacts include anyone that you were within 6 feet of for >10 minutes while feeling ill.

**Monitor Your Health**
- There is no specific treatment for COVID-19.
- Get plenty of rest, stay hydrated and, if needed, take medication to reduce your fever.

**Arrange for Care**
- If your symptoms get worse and you need to seek healthcare, call ahead and tell the provider that you have been diagnosed with COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

**Practice Healthy Habits**
- Cover your cough or sneeze into your elbow or a tissue.
- Wash your hands often with soap and water for ≥ 20 seconds, or use alcohol-based hand rub.
- Clean and disinfect objects and surfaces regularly, including your phone.

**Returning to Regular Activities**
- Once you've completed your isolation period at home (minimum of 10 days, with at least 3 days of feeling well), you can return to your regular activities.
- You do not need to be retested in order to resume your regular activities.
- This recommendation is consistent with CDC's [Symptom Based Strategy](https://www.cdc.gov/coronavirus/2019-ncov/community/symptom-based-strategy.html).

**Learn More**
- Tennessee Department of Health: [www.tn.gov/health/cedep/ncov](http://www.tn.gov/health/cedep/ncov)

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