## I TESTED POSITIVE FOR COVID-19

Isolate for 5 days <u>regardless</u> of vaccination status

## IF YOU HAVE DIFFICULTY BREATHING, SEEK MEDICAL ATTENTION IMMEDIATELY.

### I DON'T FEEL SICK

### I FEEL SICK

#### **ISOLATE:**

**Stay at home** and **away from others** within the household for **5 days** after test date.

Wearing a well-fitting mask around other people for an additional 5 days is highly encouraged.

#### ISOLATE:

Stay at home and away from others within the household for 5 days after symptom onset. If symptoms are getting worse, call your doctor for guidance and treatment options or dial 911.

Wearing a well-fitting mask around other people for an additional 5 days is highly encouraged.



# Isolate at home for at least <u>5 days after symptoms start</u> and take these steps:

- Eat in a separate room or area; use a separate bedroom and bathroom. If sharing a bathroom, clean and disinfect after each use.
- · Avoid sharing personal items like dishes, cups, silverware, towels, bedding or electronics (e.g., cellphone).
- Wear a face mask.
- Wash your hands often using soap and water, or hand sanitizer; avoid touching your eyes, nose, or mouth with unwashed hands.
- Clean and disinfect "high touch" surfaces and items every day (tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics).

For more information, visit dphss.guam.gov/covid-19 or dial 311 and select option 1 on weekdays from 8AM - 9PM and on weekends and holidays from 8AM - 5PM.





