

WHAT TO DO IF YOUR COVID-19 TEST IS POSITIVE in Massachusetts

DON'T PANIC

80% OF PEOPLE WILL NOT GET SEVERE SYMPTOMS AND CAN RECOVER AT HOME



DO: STAY IN BED



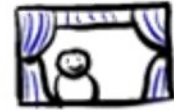
DO: WATCH TV



DON'T: USE PUBLIC TRANSPORT



DO: DRINK WATER OR ELECTROLYTE FLUID



DO: STAY INDOORS

MONITOR YOUR SYMPTOMS



- ✓ TEMPERATURE
- ✓ COUGH
- ✓ SHORTNESS OF BREATH
- ✓ TELL YOUR DOCTOR IF THEY GET WORSE

ISOLATE YOURSELF

- ✓ STAY AT HOME
- ✓ STAY IN YOUR OWN ROOM
- ✓ STAY 6 FEET (2M) AWAY FROM OTHER PEOPLE
- ✓ AVOID PUBLIC TRANSIT

DON'T SPREAD COVID

- ✓ WASH YOUR HANDS OFTEN
- ✓ COVER YOUR COUGHS AND SNEEZES
- ✓ CLEAN SURFACES AND OBJECTS DAILY
- ✓ DON'T SHARE BLANKETS, DISHES, OR OTHER PERSONAL ITEMS

20 SECONDS



INFORM HEALTH CARE PROVIDERS

- ✓ WHEN YOU CALL TO MAKE AN APPOINTMENT
- ✓ BEFORE YOU GO TO THE DOCTOR
- ✓ IN AN EMERGENCY, TELL THE DISPATCHER



WAIT TO COME OUT OF HOME ISOLATION UNTIL...

- ✓ AT LEAST 7 DAYS AFTER YOUR POSITIVE TEST
- ✓ AND AT LEAST 3 DAYS AFTER SYMPTOMS
- ✓ AND YOU DON'T HAVE FEVER
- ✓ AND ARE NOT USING FEVER-REDUCING MEDICINES

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