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.