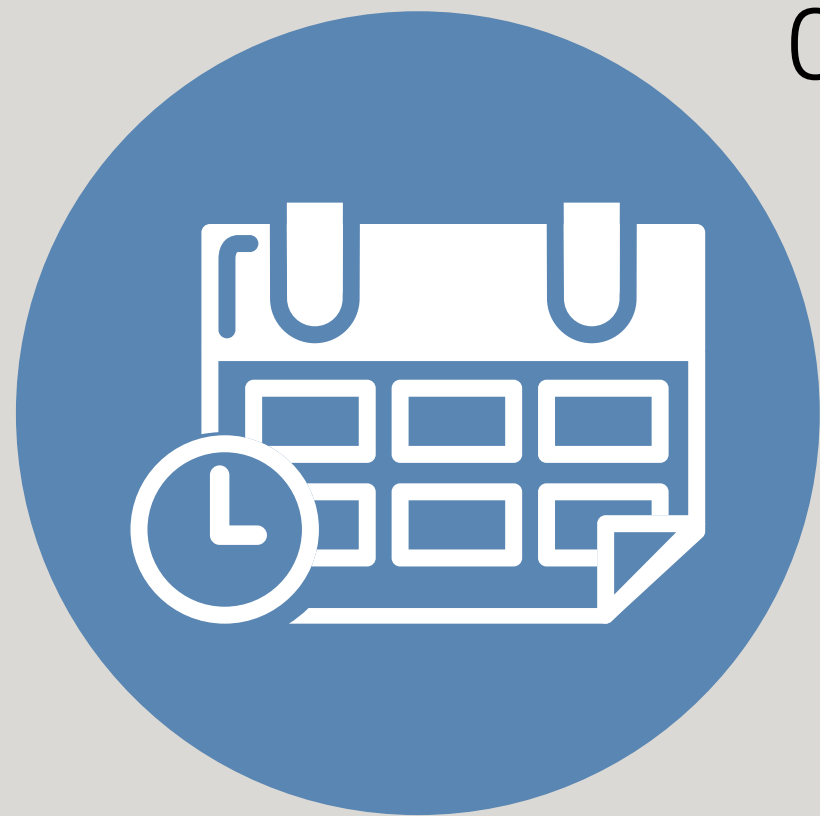


# WHEN DO I SELF-RELEASE FROM ISOLATION FOR COVID-19?

If you are sick and think/know you have COVID-19



Stay home in isolation, away from others for at least 10 days

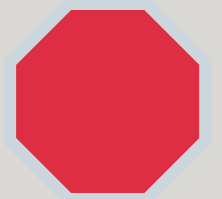


On day 10 ask yourself if these are true:

- For the past 3 days
- I have had no fever
- My cough or shortness of breath have improved



If both are true then self-release on day 11

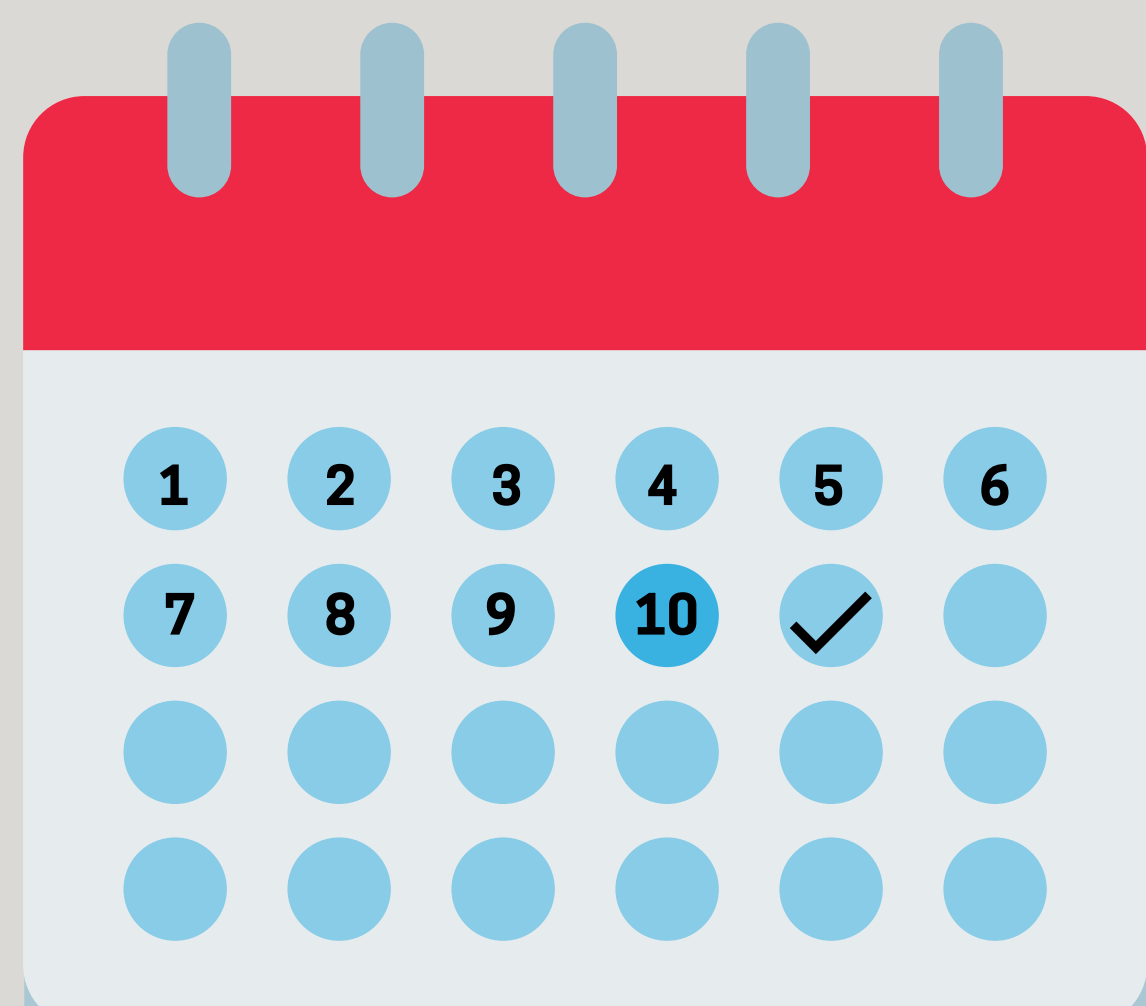


If not true, then stay in isolation until true

If you tested positive for COVID-19 but never had ANY symptoms



Stay home in isolation, away from others for 10 days



On day 11 you may self-release from isolation