



MISSISSIPPI STATE DEPARTMENT OF HEALTH

## **Isolation Guidance for Individuals with Coronavirus Disease 2019 (COVID-19) Infection**

**You have been diagnosed as having COVID-19. Please discuss with your physician or provider what steps must be taken next to support your health and wellbeing.**

It is important that you protect yourself and others from infection, especially those persons at high risk. Based upon the risk to others the Mississippi State Department of Health recommends the following:

- ❖ **Immediately self-isolate** at home
- ❖ **Do not go to work or leave your home for at least 5 days.** If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- ❖ **Continue to wear a mask around others for 5 additional days.**
- ❖ **If you have a fever, continue to stay home until your fever resolves.**
- ❖ Please let your employer know you have tested positive for COVID-19 and will not be able to return to work until your isolation period ends.
- ❖ Stay away from all persons at your home. Do not leave your house, or come in contact with anyone, including the people you live with.
- ❖ If you do have household contacts, you must limit exposure to them. Stay in a specific room away from others in your home. You should use a separate bathroom if available. If you need to be around others in your home, you should wear a facemask. This is very important to minimize the risk of spreading the disease to your family and friends. Additional information for what to do when you are sick can be found on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.
- ❖ If instructed, please provide the people in your house or other close contacts with the Guidance for Individuals with Coronavirus Disease 2019 (COVID-19) Exposure.

**Official CDC Update on Isolation and Quarantine can be found at**  
<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>.

**Thank you for your cooperation**