



NJ Residents with a Positive COVID-19 Test: Instructions & Next Steps

Question	Instructions
I tested positive for COVID-19. What should I do now?	<p>If you tested positive, you must stay at home and self-isolate. This means stay in a different bedroom from others in your home, and if possible, use a separate bathroom. You must self-isolate for at least 3 full days (or 72 hours) have passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 7 days have passed since symptoms first started.</p> <p>If you live with other people and they were not tested, they should keep their distance from you. This includes not eating meals together and not sitting around the house together. Practice social distancing as much as is possible (stay at least 6 feet from each other).</p>
What should the people who live in my home know/do?	<p>If they are symptomatic (sick; have COVID-19 symptoms), they should also self-isolate for 3 full days (or 72 hours) have passed since you had a fever without the use of fever-reducing medications AND other symptoms are greatly improved AND at least 7 days have passed since symptoms first started. If the symptoms are mild, they should recover at home. If the symptoms worsen and a medical evaluation is needed, call your health care provider.</p> <p>If they are asymptomatic (not sick; have no COVID-19 symptoms), they should self-quarantine for 14 days AFTER any sick person in the household's self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above. Symptoms may take 2-14 days to appear. It is important to monitor your health long enough to ensure you do not develop symptoms.</p>
What is the difference between mild and moderate symptoms?	<p>Mild symptoms are when you feel unwell but can stay home and manage at home. Most people with mild symptoms can recover from home. See above for how long you should stay home/self-isolate.</p> <p>Moderate symptoms are those where you may need a medical evaluation from your health care provider. If your symptoms worsen over time and do not get better, especially if you have trouble breathing, call your health care provider to determine next steps.</p>
Should I tell other people that they may have been exposed to the COVID-19 virus?	<p>Those who have been closest to you for a prolonged period of time are going to be at highest risk. Household members and others with whom you spent a prolonged period of time (more than 10 minutes) within 6 feet of you, or shared a meal, would be at increased risk and should be advised to self-quarantine at home for 14 days AFTER your, or any sick household members self-isolation period ends. If the asymptomatic person develops symptoms, they should follow the self-isolation instructions above.</p> <p>People who you did not spend a prolonged period of time (less than 10 minutes) within 6 feet are at lower risk. This would include people that you may have been in an indoor space for a prolonged period of time. They should monitor their health; no restrictions about where they go. They should wash hands often and practice social distancing. If possible, you should notify individuals above regarding your illness. Work or school supervisors may be informed to help with this process.</p> <p>People who you may have casually come into contact with (e.g., passed by in the hall, briefly spent time within a room, shared a short elevator ride), are not considered to be at risk and do not need to be contacted.</p>



Ill NJ Residents who Tested Negative for COVID-19: Instructions & Next Steps

Question	Instructions
I tested negative for COVID-19. What should I do now?	If you tested negative for COVID-19, the recommendation is to stay home and practice social distancing until 72 hours after your fever has ended without the use of fever reducing medications and other symptoms improve. After this time, you may resume regular activities.
What if I tested negative but still feel sick?	If you test negative for COVID-19 but still have symptoms, it is likely you may have another respiratory virus. You should continue to self-isolate yourself from others, practice good hand hygiene and clean and disinfect surfaces in the home. If your symptoms worsen or don't get better after several days, you should call your health care provider. You should not return to work or school until 72 hours after your fever has ended without the use of fever-reducing medications and other symptoms have improved.
What other actions should I take to protect my health?	As long as the virus that causes COVID-19 is spreading in your community, continue to practice social distancing, wash hands often and avoid touching your face, and clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks, phones).

For general information about COVID-19, call 1-800-962-1953 or 211. Or go to njcovid19.nj.gov or nj.gov/health