Pennsylvania
Department of Health

Keep Your Community Safe From COVID-19
What To Do If You Are Sick

If you think that you may be sick with COVID-19:

- Stay home and away from others. This includes those you live with who are not sick.

- You can return to your normal activities when your COVID-19 symptoms are getting better for at least 24-hours; **and** you do not have a fever and you are not using fever-reducing medication.

If you:

have trouble breathing

are at risk for getting very sick

are sick for a long time

call a medical provider

If you are sick with COVD-19, take precautions* for the next 5-days to not pass the virus to someone else:

- Clean high-touch surfaces, and open your windows or use an air purifier

- Use good hygiene and focus on staying away from older adults, babies, pregnant women, people with weakened immune systems or disabilities
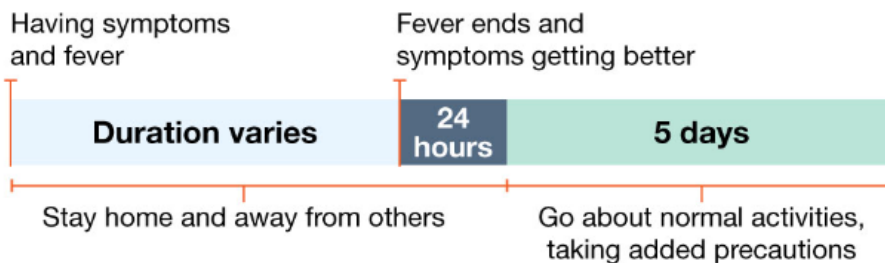
If you relapse after feeling better:

A repeat stay at home, away from others for at least 24 hours is recommended if you have a fever or you start to feel worse after you have gone back to normal activities.

Your relapse has ended when you no longer feel sick overall **and** you do not have a fever and you are not using fever-reducing medication.

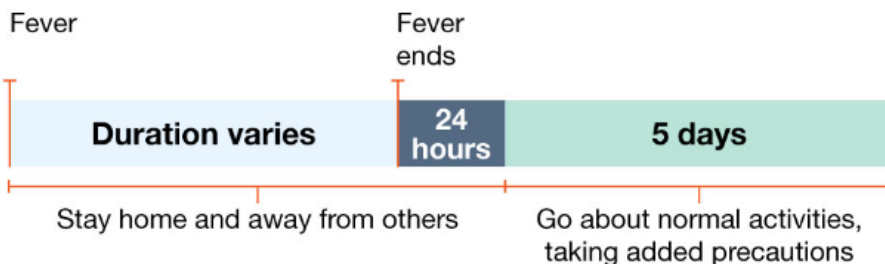***Take precautions** for 5 days as you resume your normal activities

Stay Home Example 1:
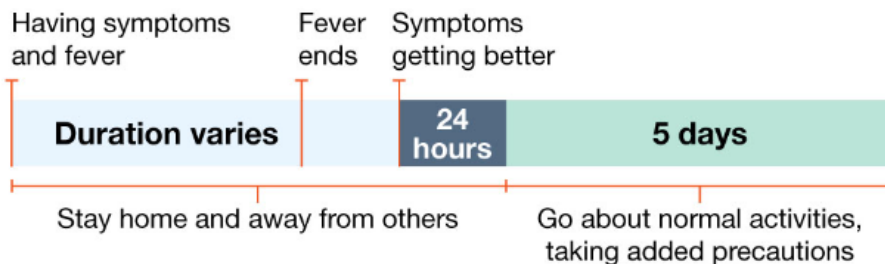If you have a fever and feel sick:

Having symptoms and fever | Fever ends and symptoms getting better

Duration varies | 24 hours | 5 days

Stay home and away from others | Go about normal activities, taking added precautions

Stay Home Example 2:
If you only have a fever:

Fever | Fever ends

Duration varies | 24 hours | 5 days

Stay home and away from others | Go about normal activities, taking added precautions

Stay Home Example 3:
If you have a fever and feel sick, and the fever ends, but you still feel sick:

Having symptoms and fever | Fever ends | Symptoms getting better

Duration varies | 24 hours | 5 days

Stay home and away from others | Go about normal activities, taking added precautions

Stay Home Example 4:
If you get better and then get a fever:

Symptoms | Symptoms getting better | Fever starts | Fever ends

Duration varies | 24 hours | | Duration varies | 24 hours | 5 days

Stay home and away from others | Go about normal activities, taking added precautions | Stay home and away from others | Go about normal activities, taking added precautions
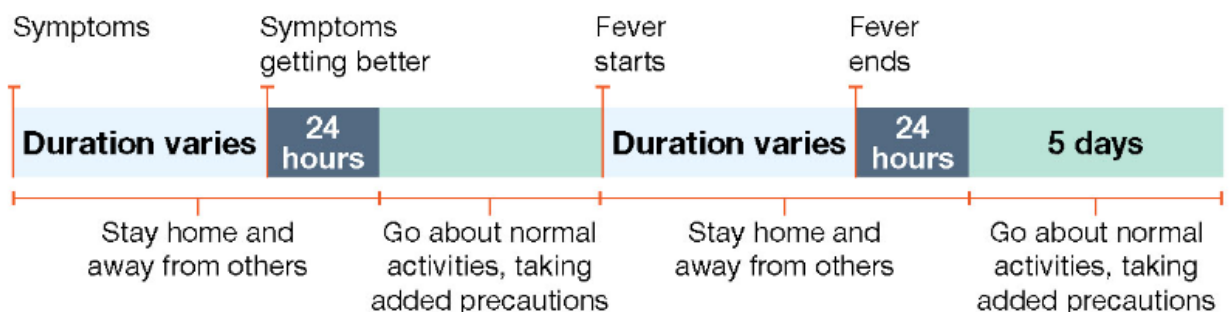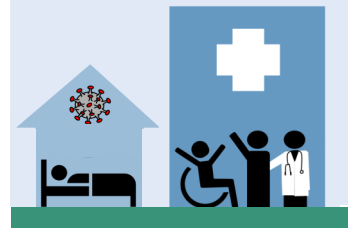
Be Careful
You can get others sick even if you never really felt sick, or when you are feeling better after being sick.

Healthcare Personnel with confirmed or suspected COVID-19 should check out the Department of Health's most recent guidance before returning to work.

health.pa.gov/topics/ Documents/HAN/2022-662-9-30 -UPD-Return_Work HCP.pdf
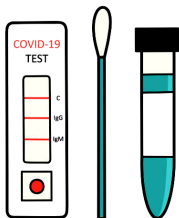
When to Test?

If you feel sick, or have been around someone who has COVID-19, testing can help you decide what to do next.

Antigen Tests (self-tests or rapid tests) **are quick and convenient**
They can be less reliable, so repeat testing following a negative COVID-19 antigen test result is recommended. Repeat testing can reduce the risk that an infection is missed and can help prevent people from unknowingly spreading the virus.

PCR tests are normally done by pharmacists and medical providers

← **Scan** for more information on PCR testing sites for COVID-19 in Pennsylvania.

Pennsylvania Covid-19 Viral Testing

When to Get Treated?

Using medications for COVID-19 can help you feel less sick and shorten the time you are sick.

Antiviral treatments reduce your risk of being hospitalized.

Don't delay: Treatment must be started within 5-7 days after you first feel sick.

← **Scan** for locations where you can fill your prescription.

COVID-19 Treatments and Medications | CDC

How can I reduce my risk of getting sick with COVID-19?

Getting vaccinated is the best defense against getting sick with COVID-19.

Following basic health practices like covering your coughs and sneezes, hand-washing, and cleaning high-touch surfaces.

Purifying indoor air, gathering outdoors, and opening your home to fresh air can reduce your chances of getting sick from a virus.

Preventing Spread of Respiratory Viruses When You're Sick | CDC

Make a plan to keep from getting sick or hospitalized.

If you or someone around you is a:

- Older adult
- Infant or young child
- Person with a weakened immune system
- Person with disabilities
- Pregnant woman

← **Scan** for more ways to prevent getting sick.

Where to find COVID-19 virus data to guide your decision making?

The Department of Health's online Respiratory Virus Dashboard posts up-to-date COVID-19 hospital admissions and death counts.

The dashboard includes:

- A weekly summary of flu and RSV in PA.
- Seasonal comparisons for the flu and RSV.
- Emergency department visits where symptoms like cough, sore throat, or runny nose were recorded as the reason for the visit.
- New COVID-19 hospital admissions are updated from the CDC's Tracker each week.
- COVID-19 and flu mortality is based on standard United States influenza surveillance.

← **Scan** to view the dashboard. The data is updated weekly during the annual flu season.

Respiratory Dashboard | PADOH

Looking for help, text the Crisis Text Line:
Text 'PA' to 741-741 for free, 24/7 crisis counseling

1-877-PA-HEALTH
(1-877-724-3258)