

# 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 COVID-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:

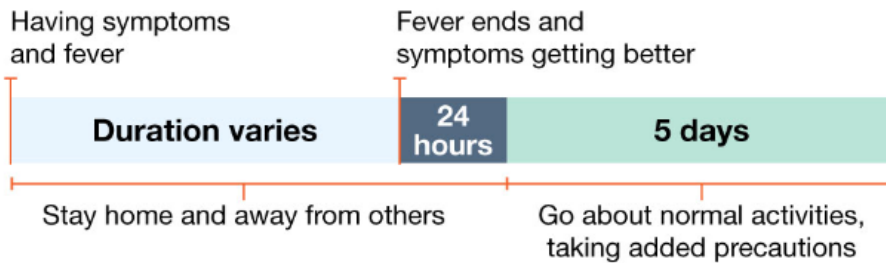
A repeat stay at home, away from others for at least 24 hours is recommended if you have a fever or you start to feel worse after you have gone back to normal activities.

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

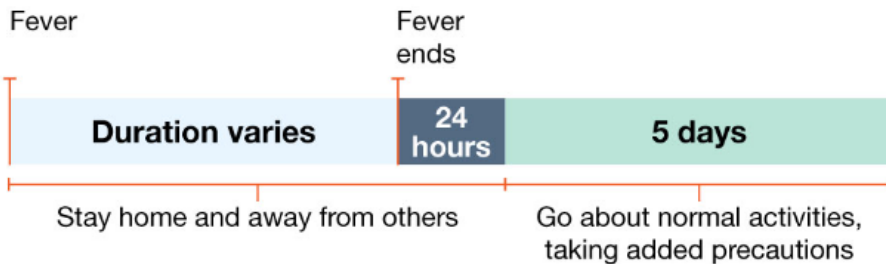
### Stay Home Example 1:

If you have a fever and feel sick:



### Stay Home Example 2:

If you only have a fever:



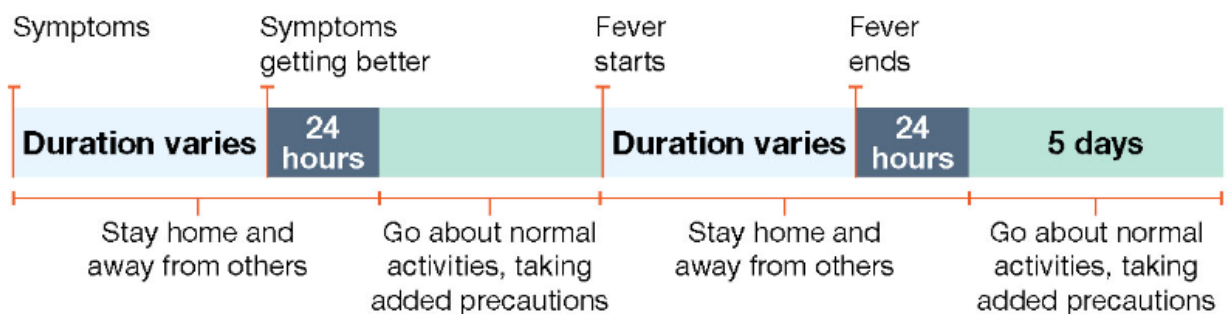
### Stay Home Example 3:

If you have a fever and feel sick, and the fever ends, but you still feel sick:



### Stay Home Example 4:

If you get better and then get a fever:



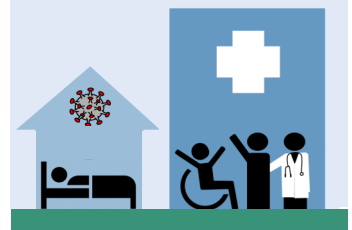
### Be Careful

You can get others sick even if you never really felt sick, or when you are feeling better after being sick.

### Healthcare Personnel

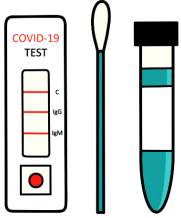
with confirmed or suspected COVID-19 should check out the Department of Health's most recent guidance before returning to work.

[health.pa.gov/topics/Documents/HAN/2022-662-9-30-UPD-Return\\_Work\\_HCP.pdf](https://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)