WHAT TO DO IF YOU HAVE COVID-19

Stay at home and away from others until, for at least 24 hours, both:

- Your symptoms are getting better, <u>AND</u>
- 2. You do not have a fever (without taking medications to reduce a fever)





## Then take extra precautions for the next 5 days:

- Wear a mask around others
- Keep your distance
- Wash your hands frequently
- Keep spaces well ventilated

SCAN QR CODE FOR MORE INFORMATION ON PROTECTING YOURSELF AND OTHERS AGAINST COVID-19:



**SUMMFR 2024** 

If you are higher risk for severe illness (e.g., elder, multiple health conditions, weakened immune system), or have worsening symptoms such as difficulty breathing, chest discomfort, and/or shortness of breath, contact your health care provider right away. Treatment is available.



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