



**Get the Shot!**  
ALABAMA EXTENSION

## What do you do if you test positive for COVID-19?

If you test positive for COVID-19, you need to self-isolate at home.

This means you need to take a time-out and have no contact with anyone.

Ask your doctor how long you need to be in time-out.

Below are tips to help you take a time-out and stop spreading your germs.

This will keep others safe.

### **It can be very hard to stay home and not be around others.**

Find one room in your home just for you.

After about 5 days, you will want to give up and leave your room.

But stay isolated.

Stay in time-out.

This keeps loved ones in your home safe.

Wash your hands many times a day with soap.

While you wash your hands, slowly count to 20.

Only use your towel to dry your hands. Do not share a towel. This helps prevent sharing your germs.

## **If you must be around people while in time-out, here are more tips.**

Wear your mask.

Stay 6 feet apart from others.

Do not sit or sleep near others.

Eat by yourself.

Watch TV by yourself.

Wash your hands many times a day.

If you share a bathroom with others, clean the sink, handles, and doorknobs when done. This helps prevent sharing your germs.

Do not share your phone with others.

Do not use other people's phones.

Be sure to clean any shared items, such as a TV remote or fridge handle, with a disinfectant cleaner after using them.

### **How do you get food?**

See if a grocery store nearby delivers food to your house.

Call friends or family to pick up and drop off food for you.

Reach out to your church and others for help.

Since you are in time-out, make sure you get foods you enjoy.

### How do you get medicine?

See if your pharmacy delivers.

Check with friends and family for medicine pickup and drop-off.

### How do you keep yourself busy in time-out?

Sleep.

Drink lots of water.

Watch TV.

Read a book.

Put together a jigsaw puzzle.

Soak in the tub.

Do yoga.

### Teach yourself new skills by using the Internet:

Cooking

Sewing

Birds, plants, or wildlife in your area

Woodwork

Spend time making goals.

Play games on apps to stay in touch with others.

### Should you go to a religious service during time-out?

No, you should not go anywhere.

### Should I be in a car with others?

No.

A time-out is hard.

But it is worth it to keep others safe.

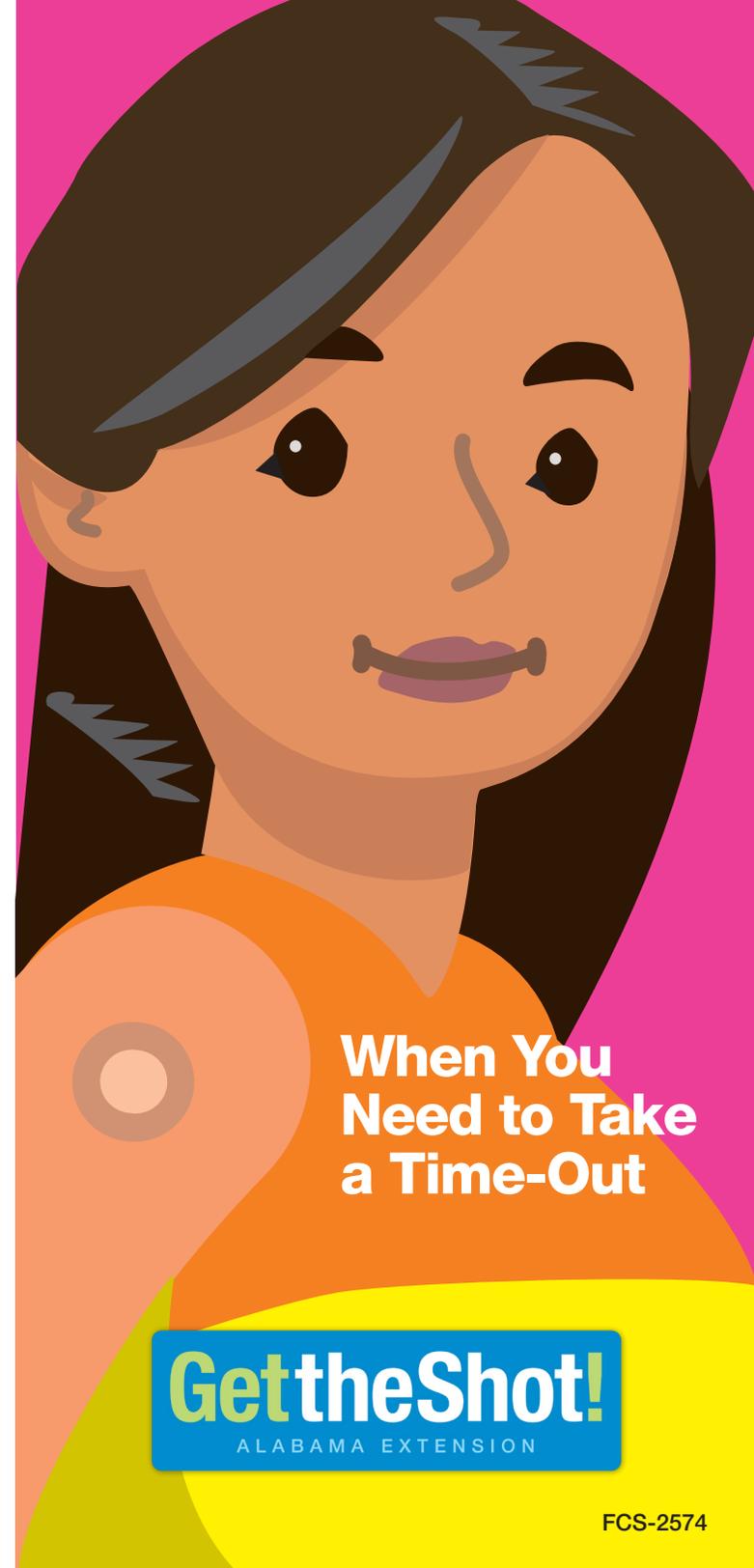


For more information, visit:

[www.alabamaready.info](http://www.alabamaready.info)

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