I just found out I have COVID-19.

What do I do to protect my friends and family?

World Health Organization

If you are diagnosed with COVID-19 or receive a positive test result, you have done nothing wrong.

Anyone can contract COVID-19 regardless of race, gender, age, or income. Remember we are all in this together.

If you have COVID-19 with symptoms, or a positive test result without symptoms, you will be asked to self-isolate at home or in a health care facility.

Contact your local public health authority. They may be able to help you to notify your contacts and inform them about next steps.

Think back to 48 hours before you started to feel unwell, or if you don't have any symptoms, 48 hours before you took your COVID-19 test until you began self-isolation. Consider where you went and who you might have spent time with.

Contact people with whom you had physical contact or spent more than 15 minutes at a distance closer than one metre, and let them know of your positive test result.

If you visited a store, health facility, or other close and crowded establishment during this period, please call and let them know the day and time that you were present.
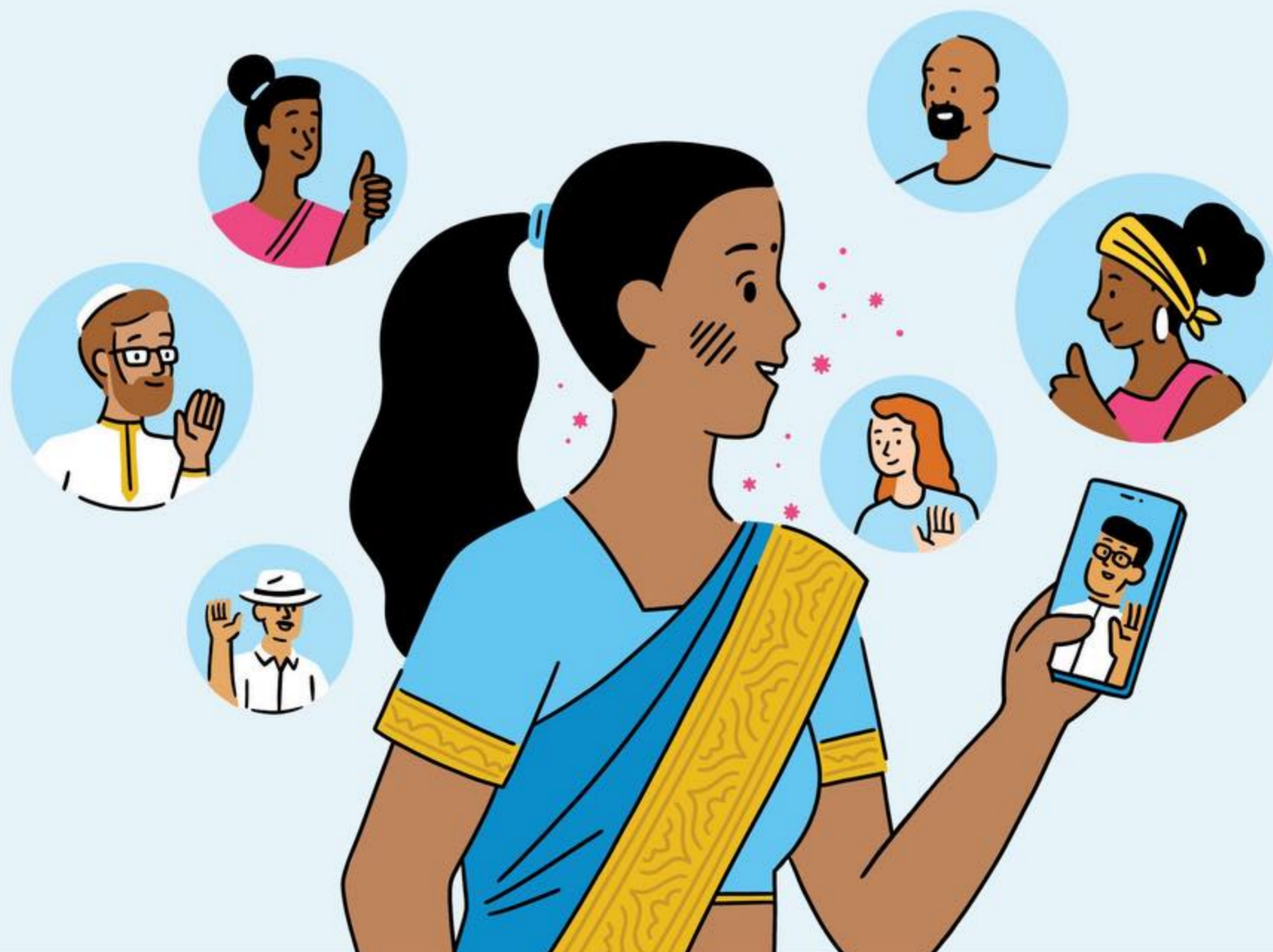
Doing your part protects yourself and others. Your friends and family will thank you.

I just found out I'm a confirmed contact for COVID-19.

What do I do to protect my friends and family?

World Health Organization

If you are a contact of a person who has COVID-19, or who has received a positive COVID-19 test result, remember that contracting the virus is no one's fault.

Anyone can contract COVID-19 regardless of race, gender, age, or income. Remember we are all in this together.

Place yourself in quarantine for 14 days, or the time indicated by your national or local regulations.

Contact your local health authorities and let them know that you are a contact of a confirmed case of COVID-19.

If you begin to feel symptoms of COVID-19 reach out to a health care provider for advice and recommendations.

Doing your part protects yourself and others. Your friends and family will thank you.