People across NJ are recovering every day from COVID-19.

**Feeling Better**

Overall, feeling better means:
- your fever is gone,
- your respiratory symptoms have greatly improved, and
- you feel generally recovered from your sickness

**Returning to Work**

If you tested positive for COVID-19 and have symptoms, you can return to essential work and daily activities once:
- At least 10 days have passed since symptoms first appeared,
  AND
- At least 24 hours (1 full day) have passed since last fever without the use of fever-reducing medicine,
  AND
- Your other symptoms have improved

**Staying Healthy**

- Wash your hands and clean high-touch items often
- Cover coughs and sneezes with a tissue or your elbow
- Avoid sick people
- Follow social distancing and face covering guidelines

Questions? Call 2-1-1 or text NJCOVID to 898-211

July 20, 2020