WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To avoid the spread of illness to others, you should follow these guidelines.

☐ Stay home except to get medical care
  – Remain at home until a Department of Health Officer tells you that you no longer need to be in isolation

☐ Avoid using any kind of public transportation, ridesharing, or taxis

☐ Separate yourself from other people in your home
  – Stay in a specific “sick room” if possible
  – Use a separate bathroom if available
  – If you need to be around other people in or outside of the home, wear a facemask
  – Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
  – Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions

☐ Avoid direct contact with pets, including petting, snuggling, being kissed or licked, sleeping in the same location, and sharing food.
  – If possible, a household member should be designated to care for pets/service animals and should follow standard handwashing practices before and after interacting with the household animal

☐ Make a list of everyone with whom you have had close contact while you were ill
  – Department of Health staff will be calling you for this information.

☐ Get rest and stay hydrated

☐ Monitor your symptoms carefully. If your symptoms get worse, call your usual healthcare provider immediately

☐ Respond immediately when Department of Health staff calls daily to monitor you while you are in isolation

☐ For medical emergencies, call 911 and notify the dispatch personnel that you have COVID-19.
  Emergency warning signs for COVID-19 may include:
  – Trouble breathing
  – Persistent pain or pressure in the chest
  – Newly developed confusion
  – Difficulty arouses from sleep
  – Bluish lips or face

☐ Cover your cough and sneezes

☐ Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Updated 4/9/2020