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:
    o At least 10 days have passed since your symptoms first appeared (or if you have no symptoms, at least 10 days have passed since the date your laboratory test was collected); AND
    o At least 24 hours have passed since you last had a fever without the use of fever-reducing medications; AND
    o Your symptoms have improved (e.g., cough, shortness of breath).

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

☐ Separate yourself from other people in your home
  • Stay in a specific “sick room”
  • Use a separate bathroom
  • 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 (include from 2 days before you were ill or if you have no symptoms, from two days before your lab test was collected)
  • Department of Health staff will be calling you for this information
  • Close contact is defined as any of the following:
    o Living in the same household with a person with COVID-19
    o Being within 6 feet of a person with COVID-19 over a 24-hour period for a combined total of 15 minutes or more
    o Caring for a person with COVID-19
    o Being in direct contact with secretions from a person with COVID-19 (e.g. being coughed on, kissing, etc.)

☐ 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 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
- Inability to wake or stay awake
- 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.