



Wyoming
Department
of Health

What to do if you test positive for COVID-19

If you test positive for COVID-19 you should isolate yourself from others. It may take some time for public health representatives to contact you. Until you are contacted by public health representatives, please follow this guidance.

If your symptoms are mild, or if you are not experiencing any symptoms, you should isolate at home. Stay home, unless you need to seek medical attention. Do not go to work. Do not go to school. Do not attend social gatherings or groups. If you feel well enough, you may spend time outside on your property away from other people.

What does isolation look like?

Separate yourself from other people and animals in your home:

- Stay in a specific room and away from others.
- Use a separate bathroom if available.
- Avoid sharing household items such as food, dishes, towels, blankets or bedding.
- Have another person who is not sick care for your animals. If that is not possible, wash your hands before and after contact with them or feeding them.

If separation is not possible because your household space is limited, please see the following [guidance for isolating when household space is limited](#) or <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>.

Take steps to protect others:

- Wash your hands often with soap and water for at least 20 seconds.
- Clean commonly touched surfaces with a household cleaner.
- Wear a face covering if you need to be around other people, even within the home.

What else can I do?

You should notify people you were around when you were contagious. You are considered contagious from two days before your symptoms begin until 10 days after your symptoms began. If you have no symptoms, you are considered contagious beginning two days before your test sample was collected and until 10 days after your test sample was collected.

This may include:

If you need medical advice or treatment, seek attention from your healthcare provider.

If it is not an emergency consider using telehealth or calling a nurseline for advice prior to seeking in person care. If it is an emergency, seek in person attention immediately.

If possible, call ahead to let them know you have tested positive for COVID-19.

- People you were within 6 feet of for a total of 15 minutes or more (for example at work, at school, or at social gatherings)
- People you care for at home
- People you had direct physical contact with (hugged or kissed them)
- People you shared eating or drinking utensils with
- People you sneezed, coughed, or somehow got respiratory droplets on

Your close contacts may not be called by public health representatives. You can share the following guidance with your contacts about what they should do:

<https://health.wyo.gov/wp-content/uploads/2020/11/What-to-do-if-you-were-exposed-to-someone-with-COVID-19-11520.pdf>

When you get a call from public health representatives, please participate in the public health interview and follow any specific guidance they offer. If you need a letter for school or work to isolate please complete the survey below to receive a letter.

<https://docs.google.com/forms/d/e/1FAIpQLSfYUrJohnA4L5fIV5UORvilTV7DH03bF2zKFMrucAUG-Gtw/viewform>

How long do I have to isolate?

Stay in isolation until all of these three things are true:

- ✓ You have not had a fever (without using fever-reducing medications) for at least 24 hours.
- ✓ Your other symptoms have improved since they first began.
- ✓ At least 10 days have gone by since your symptoms first started.

If you had no symptoms, stay in isolation for 10 days starting from the date you took your positive test.

For more information about how to calculate your isolation period, please visit the “When to start and end isolation” document at

<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-isolation-COVID19-11520.pdf>

Public health does not require you to receive a negative test before you resume your normal activities.

What’s the difference between isolation and quarantine?

Isolation is what you do if you have COVID-19 symptoms, or have tested positive. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

Quarantine is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you test positive for COVID-19 or develop symptoms after an exposure.

Why do my household members have to quarantine longer than I have to isolate?

Quarantine is the length of the incubation period of the virus and is based on the last time a person was exposed. People exposed should stay home for 14 days after the last contact with a person who has COVID-19. There are acceptable options to shorten the quarantine period. Those options are discussed here:

<https://health.wyo.gov/wp-content/uploads/2020/11/When-to-start-and-end-quarantine-COVID10-11520.pdf>

If you are able to isolate from your household members, they can start their quarantine on the date you start isolating. Their quarantine will be the date you start isolating + 14 days.

If you live with someone and you are not able to avoid close contact (e.g do not have a separate bedroom and bathroom or live in close quarters where you cannot keep a physical distance of 6 feet) they cannot start their quarantine until you end isolation. Their quarantine will not start until your isolation ends. Their quarantine will be the date you end home isolation + 14 days.

Your isolation dates:

Date your symptoms began
OR date of positive test if no
symptoms: _____

Date of isolation start: _____

Date of isolation end: _____