

What to do if you test positive for COVID-19

If you test positive for COVID-19 you should isolate yourself from others. A public health representative may not contact you, please follow this guidance. Stay home, unless you need to seek medical attention. Do not go to work, school, or attend social gatherings or groups. If you feel well enough, you may spend time outside on your property away from other people. If you must be around other people in your home, wear a well-fitting face mask.

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 possible.
- Take steps to improve ventilation at home, if possible.
- Avoid sharing household items such as food, dishes, towels, blankets or bedding.
- Avoid contact with other members of your household and pets.
- Wear a well-fitting face mask that covers your nose and mouth when you need to be around other people.

If separation is not possible because your household space is limited, please see the following [guidance for isolating when household space is limited](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html) or <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

What else should 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 your isolation ends. If you have no symptoms, you are considered contagious beginning two days before your test sample was collected and until your isolation ends. Close contacts are people you were within 6 feet of for a total of 15 minutes or more within a 24 hour period. Close contacts may also include those you had direct contact with such as hugging, kissing, or shared eating or drinking utensils. You can share the following guidance with your contacts about what they should do:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

If you get a call from public health representatives, please participate in the public health interview and follow any specific guidance they offer. If you do not get a call from a public health representative, you can fill out a self-assessment and obtain an isolation letter here: https://redcap.link/covid_doc_request

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.
- ✓ At least 5 full days have gone by since your symptoms first started. Day 0 is your first day of symptoms and day 1 is the first full day after your symptoms developed.

If you had no symptoms, stay in isolation for 5 full days after your test was taken. Day 0 is your test day and day 1 is the first full day after your test was taken.

After your isolation ends, you should wear a well-fitting face mask for an additional 5 days anytime you are around other people, this includes people inside and outside of the home. Avoid travel, being around people who are at high risk of severe illness, and places where you cannot wear a mask for a full 10 days after your symptoms started or your test was taken if you did not have symptoms.