

# What to Do if You Test Positive for COVID-19



## Self-Isolate

- **Stay home** unless you must visit your health care provider:
  - ✓ For **10 days** since your first symptoms appeared or since your last positive lab test **AND**
  - ✓ At least **24 hours** since your last fever **AND**
  - ✓ Until symptoms improve (e.g. no coughing or shortness of breath).
- Don't use the bus, taxi, or any other form of public transportation.
- Get rest and drink plenty of water and fluids.



## Prevent the Spread of Germs

- **Separate yourself** from others at home, including your pets.
- **If possible, use a separate bedroom and bathroom.**
- **If around people, wear a face mask.**
- **Don't share** any items with anyone including dishes, towel, and bedsheets.
- **Clean and Disinfect** frequently touched surfaces and everyday items (e.g. toilets, faucets, door handles).
- **Wash hands often using soap and water for at least 20 seconds.** Use hand sanitizer with at least 60% alcohol.
- **Cover your coughs and sneezes.**



## Watch for Warning Signs

- Contact your healthcare provider if symptoms get worse .
- Call 911 for medical emergencies (inform dispatch personnel that you have COVID-19).
- Warning signs include: Trouble breathing, persistent pain or pressure in chest, newly developed confusion, inability to stay awake, bluish lips or face.



## Alert Those You've Been in Contact With

- Make a list of people you were in close contact with when you were sick. Include people **2 days before** you felt sick or 2 days before your lab test. Close contact includes:
  - ✓ Living in the same household as you.
  - ✓ Being within 6 feet of you for more than 15 minutes.
  - ✓ Taking care of you.
  - ✓ Being in direct contact with you.
- **Answer the phone when Department of Health calls you.**