

# If you or someone you have been in contact with has tested positive for COVID-19

## I have tested positive for COVID-19 – now what?

### Stay home.

- Stay home and isolated away from others. Stay away from work, school, church, restaurants, markets and other public places.
- Immediately notify people you have had close contact with 2 days prior to getting ill or testing positive if you don't have symptoms. Tell them to follow the guidance for people who had close contact with someone who tested positive for COVID-19 on the next page.
- Get plenty of rest and stay hydrated.
- Ask your health care provider about pain and fever medication.
- Follow the Centers for Disease Control and Prevention's guidance available at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).



### Monitor your symptoms.

- Symptoms of COVID-19 include cough and shortness of breath. Other symptoms can include fever, chills, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.
- If you have a medical appointment or need to leave your home for other services, wear a face mask and call the office you will be visiting to inform them that you have tested positive for COVID-19.
- If you have a medical emergency (including trouble breathing), call 9-1-1 right away and inform them that you have tested positive for COVID-19.



### If you share your home, don't share COVID-19

- Stay away from other people and isolate in a bedroom or other room in your household. Use a separate bathroom if possible.
- Wear a face mask when you are around others. People in your household should wear face masks as well.
- Wash hands frequently with soap and running water.
- Cover your coughs and sneezes or use a tissue – throw the tissue away after each use.
- Do not share personal items with others. This includes dishes, towels and bedding.
- Clean and disinfect all high-touch surfaces, including doorknobs, counters, refrigerator handles and cell phones – every day. Use household cleaning sprays or wipes according to the instructions on the labels.



### Know when it's safe to resume normal activities.

- You can discontinue self-isolation after at least 10 days have passed since your symptoms began, at least 24 hours since your fever resolved without taking fever-reducing medications such as ibuprofen (Advil) or acetaminophen (Tylenol), and as long as your other symptoms have improved.
- If you tested positive but did not have symptoms, you can return to your normal activities and end your self-isolation 10 days after your test was collected.



Find additional COVID-19 information and resources at [www.snhd.info/covid](http://www.snhd.info/covid)

## I have close contact with someone who tested positive for COVID-19 – now what?

### Stay home.

- Stay home for 10 days (starting the day you were exposed) and stay away from others as much as possible. You can resume your normal activities if you do not have any symptoms during this 10-day period.



#### **OR**

- Stay home for 7 days (starting the day you were exposed) if you test negative and if you do not have any symptoms during this time. You should be tested on day 5 of your quarantine, and you will need to stay home for the full 7 days.
- If you have a medical appointment or need to leave your home during your quarantine period for other services, wear a face mask and call the office you will be visiting to inform them that you have tested positive for COVID-19.
- Stay 6 feet or more away from others at all times (including others in your home).
- Monitor your health for symptoms such as fever, cough and shortness of breath.

### Continue to monitor your symptoms for 14 days after your exposure.



- If you develop symptoms, immediately begin to self-isolate and get tested. Make sure to let your medical provider know you are experiencing symptoms and had contact with someone who tested positive for COVID-19.
- Wear a face mask, stay at least 6 feet away from others, wash your hands frequently, stay home, and follow the guidance for people WHO HAVE TESTED POSITIVE FOR COVID-19.
- Additional information and guidance are available from the Centers for Disease Control and Prevention at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html).