

## COVID-19 PATIENT GUIDANCE

If you test positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe. Please stay home while you wait for your test results to prevent exposing others. Your lab or medical provider will tell you if you test positive for COVID-19.

### WHAT TO DO IF YOU ARE POSITIVE

**If You Test Positive for COVID-19 (Isolate):** Day 0 is your first day of symptoms or a positive viral test. If you have COVID-19 or have symptoms, isolate for at least 5 days.

- Stay home and isolate for 5 full days. If you must be around others in your home wear a mask.
- Avoid being around others who are at high risk.
- Do not travel during your isolation period.
- If you had symptoms, end isolation after 5 full days if you are fever-free for 24 hours (without the use of fever reducing medication) and your symptoms are improving.
- If you did not have symptoms, end isolation at least 5 full days after your positive test.
- If you were severely ill, you should isolate for the full 10 days. Consult with your healthcare provider before ending isolation.
- Wear a mask for 10 full days anytime you are around others inside your home or in public. Do not go places that you are unable to wear a mask.

### CLOSE CONTACTS

If you test positive, quickly tell your close contacts. This is critical to slowing the spread. Close contacts are individuals that you were with starting 2 days before your symptoms began or before a COVID-19 test. They would have been within 6 feet for 15 minutes or more within a 24-hour period.

#### **Who to contact:**

- Friends
- Family
- Work (if healthcare workers, follow CDC Healthcare worker guidance)
- School (contact school for positive parents AND students)
- Daycare

### WHAT TO DO IF YOU HAVE BEEN EXPOSED

**If You Were Exposed to Someone with COVID-19 and are NOT up to date on your COVID-19 vaccinations.**

- Stay home and quarantine for at least 5 full days.
- Wear a mask if you must be around others in your home.
- Wear a mask for 10 full days anytime you are around others inside your home or in public.

**IF you were exposed to COVID-19 and are up to date with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**

- You do not need to stay home unless you develop symptoms.
- If you develop symptoms, isolate, and get tested. If you do not have symptoms, get tested at least 5 days after your last day of close contact with someone with COVID-19. Wear a mask for 10 full days anytime you are around others inside your home or in public.

\*In either case avoid travel and being around others at high risk for 10 days.

\*Updated January 10, 2022

