WHAT TO DO IF

YOU TEST POSITIVE FOR COVID-19

(AKA isolation guidance)

CDC guidelines for the general population, regardless of vaccination status:
https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

1. **Start isolating yourself right away.**
   - Stay home except to get medical care.
   - Stay away from everyone else in your household (stay in a separate room, use a separate bathroom if possible, etc.).
   - Tell your employer you have COVID-19

2. **Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first).**
   - Tell them you tested positive so they can follow quarantine guidance.

3. **On day 5, do you have no symptoms <u>or</u> are your symptoms resolving?**
   - If no symptoms you can stop isolation on day 6. Continue to wear a well-fitting mask around other through day 10.
   - If you still have symptoms you need to continue isolation- until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms. If you have a fever, continue to isolate until your fever goes away.

A well-fitting mask is one that covers your nose and mouth and fits snuggly on the sides. A surgical, KN95 or N95 mask is best.

"**Resolving symptoms**" means your symptoms have gotten <u>noticeably</u> better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

Additional recommendations from the Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can.
- If you are often around vulnerable populations (e.g., immunocompromised or elderly people):
  - Consider continuing isolation for a full 10 days.
  - If you stop isolation after 5 days but before 10 days, take a rapid antigen test. If still positive consider isolating for the full 10 days.

Developed by Jackson County Health department