



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

To avoid the spread of illness to others, you should follow these guidelines:

- ☐ **Stay home except to get medical care**
 - Remain at home until a Department of Health Officer tells you that you no longer need to be in isolation
- ☐ **Avoid using any kind of public transportation, ridesharing, or taxis**
- ☐ **Separate yourself from other people in your home**
 - Stay in a specific “sick room” if possible
 - Use a separate bathroom if available
 - If you need to be around other people in or outside of the home, wear a facemask
 - Avoid sharing personal items with other people in your household (e.g., dishes, towels, bedding)
 - Clean all surfaces that are touched often (e.g., counters, doorknobs). Use household cleaning sprays or wipes according to the label instructions
- ☐ **Make a list of everyone with whom you have had close contact while you were ill**—Department of Health staff will be calling you for this information.
- ☐ **Get rest and stay hydrated**
- ☐ **Monitor your symptoms carefully.** If your symptoms get worse, call your usual healthcare provider immediately
- ☐ **Respond immediately when Department of Health staff calls daily to monitor you while you are in isolation**
- ☐ **For medical emergencies, call 911** and notify the dispatch personnel that you have COVID-19. Emergency warning signs for COVID-19 may include:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - Newly developed confusion
 - Difficulty arousing from sleep
 - Bluish lips or face
- ☐ **Cover your cough and sneezes**
- ☐ **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.