



# 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 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 or are your symptoms resolving?

- If yes, you can stop isolation on day 6. Continue to wear a well-fitting mask around others through day 10.
- If no, you should not stop isolation - continue isolating 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. If your symptoms are not resolving or are worsening, seek medical care.

"Resolving symptoms" means your symptoms have gotten noticeably 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.



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

### 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.