

I TESTED POSITIVE...NOW WHAT?



STAY HOME

Stay home from work and school and stay away from public places. Avoid using any kind of public transportation.



STAY AWAY FROM OTHERS

If possible, keep a distance from other household members, including pets. As much as possible, stay in a specific room and away from other people in your home. Don't share personal items with other people in your household, like dishes, towels, and bedding.



WEAR A MASK

If you must be around others, cover your nose and mouth with a mask (even while at home).



MONITOR YOUR SYMPTOMS

If your symptoms get worse, call your healthcare provider immediately.



SEEK EMERGENCY MEDICAL CARE

If you experience the following symptoms, contact emergency medical support immediately:

Persistent pain or pressure in the chest

Trouble breathing

New confusion

Inability to wake or stay awake

Bluish lips or face



CONTINUE TO SELF-ISOLATE UNTIL (at least):

10 days after symptoms first appeared and

24 hours with no fever without the use of fever-reducing medications and

Other symptoms of COVID-19 are improving

IF YOU MUST SHARE A BEDROOM OR BATHROOM:

Use a curtain or other divider (shower curtain, room divider, large poster board, quilt, or bedspread) to separate your bed while you recover

Clean bathroom surfaces with disinfectant sprays and/or wipes after each use

Open windows to increase air flow

Maintain at least 6 feet between beds if possible

If you must share a bed, sleep head to toe



GET REST AND STAY HYDRATED

Get good rest and drink plenty of fluids such as water, tea and/or broth.



CLEAN ALL "HIGH-TOUCH" SURFACES

For example, clean counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



CALL BEFORE YOU GO

If you have a medical appointment, call ahead to let them know you have COVID-19.



COVER YOUR MOUTH

Cover your coughs and sneezes with a tissue or use the inside of your elbow.



WASH YOUR HANDS OFTEN

Use soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

REFERENCE: CDC (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>, <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>)

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