



Detailed Instructions for After You Test Positive for COVID-19

To safeguard your health and prevent the spread of the virus, you should isolate at home until your healthcare provider or RiverStone Health tells you that it is safe to return to normal activities.

You should plan to remain in isolation for:

- Ten days after symptoms first appeared **and**
- 24 hours after you no longer have a fever without the use of fever reducing medications **and** symptoms have improved (e.g., cough, shortness of breath and others)
- Some people with *severe illness* may still be infectious to others beyond the 10 days that may warrant extending duration of isolation for up to 20 days after symptom onset. Please consult with your primary care provider or RiverStone Health Public Health Services to assess appropriate timing for release from isolation.
- *For persons who never develop symptoms*, isolation and other precautions can be discontinued 10 days after the date of their first positive COVID-19 test.

Instructions for home isolating and self-monitoring:

- Do not go to work, school or other public areas.
- Do not use public transportation, ride-sharing or taxis.
- ***Wear a facemask at all times when*** you are around other people or pets and before you enter a healthcare provider's office.
- If you are unable to wear a facemask at home, the people that you live with should wear a facemask if they enter your room. They should not stay in the room with you.
- Stay in a specific room away from other people in your home.
- Use a separate bathroom, if possible.
- Limit contact with animals in your home until more is known about the virus.
- When around pets or animals, wash your hands before and after contact.
- Record your temperature with date and time twice a day.

- Seek prompt medical attention if your illness is getting worse or you have difficulty breathing.
- If you have a medical emergency, call 911. Tell the operator you are in isolation at home for COVID-19. If able, put on facemask before EMS arrives.
- Cover your mouth with a tissue when you cough or sneeze, throw used tissues in a lined trash can and immediately wash your hands with soap and water or use alcohol based hand sanitizer.

Wash your hands often with soap and running water for 20 seconds.

Use a nickel-size amount of alcohol-based hand sanitizer to clean your hands when you can't use soap and water.

Avoid sharing household items

- Do not share food or drinks.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- After using household items, thoroughly wash them with soap and water. Use a dishwasher on high heat, if available.

Clean high-touch surfaces daily or more often, including: counters, tabletops, doorknobs, bathroom fixtures, light switches, toilets, phones, remote controls, keyboards, tablets and bedside tables. Use a household cleaning spray or wipe according to label instructions.

Wash laundry thoroughly

- Wear disposable gloves while handling soiled items and keep them away from your body. Clean your hands immediately after removing your gloves.
- Use normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures for the fabric.

Dispose of protective gear properly

Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them in other household waste. Clean hands immediately.

