

Fact Sheet: You Tested Positive for COVID-19

Now What?

You must **STAY HOME & REMAIN ISOLATED** from other household members & pets

For How Long?

- Plan to stay isolated until 10 days have passed since symptoms began **AND** 24 hours after you no longer have a fever (without fever-reducing medicine such as Tylenol or Advil)
 - **AND** symptoms have improved.
- **NOTE:** If you have not had any symptoms and do not develop any symptoms, isolation can end 10 days after the day you were tested for COVID-19.

Protecting Yourself & Others

Stay home except to get medical care

- Do not go to work, school, run errands or go to other public places.
- Do not use public transportation, ride-sharing or taxis.

Separate yourself from other people & pets in your home

- Stay in a room away from others & use a separate bathroom, if possible.
- Maintain at least 6 feet physical distance & wear a face mask when you are around others.
- Do not share food, drinks, dishes, towels, bedding or other household items with other people or pets.

Keep track of your symptoms

- Record your temperature with date and time twice a day.
- Call your healthcare provider if you feel worse or have difficulty breathing. Call 911 in an emergency & let them know you have tested positive for COVID-19.

Clean & sanitize

- Cover coughs and sneezes. After using tissues, throw them in a lined trash can, & wash hands.
- Wash your hands often with soap and water, or alcohol-based hand sanitizer.
- Avoid touching your face with unwashed hands.
- Clean & disinfect high-touch surfaces. Wear disposable gloves while handling laundry. Dry clothes at the warmest appropriate temperature. Use a dishwasher, if possible.



Instructions for People in Your Household

All household members are close contacts and must quarantine after their last exposure to you. If you cannot isolate yourself from your household members, their quarantine starts when your isolation ends.

Quarantine means staying at home, except to get medical care:

- They cannot go to work, school, run errands, go to other public places or use public transportation.
- When possible, people within your household should try to quarantine separately.

How long should they quarantine:

- Ideally, close contacts should quarantine for a full 14 days after their last exposure to you. If they have NO SYMPTOMS they can end their quarantine after Day 10 without any testing; or after Day 7, if they test negative with a PCR test taken on Day 5 or later, or an antigen test as close to Day 7 as possible. Be aware, the availability of local testing is limited.

Watch for symptoms:

- Symptoms include: new cough, new shortness of breath, fever over 100-degrees, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose including mild allergy-like symptoms, nausea, vomiting or diarrhea.
- If symptoms develop, they should contact their healthcare provider, or get tested at the community drive through testing site. For details: see covid.riverstonehealth.org.
- They should call their healthcare provider if they feel worse or have difficulty breathing. Call 911 in an emergency & let them know they live in a household of someone who has tested positive for COVID-19 and are a close contact.

Instructions for Other Close Contacts

To stop the spread of the virus, please identify who might be your close contacts and let those close contacts know they may have been exposed and what they must do.

A close contact is someone who was within 6 feet of you for more than 15 minutes within 24 hours when you had symptoms or tested positive, or 2 days before then.

What Should My Close Contacts Do?

All close contacts must quarantine after their exposure to you. That means staying at home, except to get medical care:

- They cannot go to work, school, run errands, go to other public places, or use public transportation.
- If possible, they should try to quarantine separately from their family members.

How long should they quarantine:

- Ideally, close contacts should quarantine for a full 14 days after their last exposure to you. If they have NO SYMPTOMS they can end their quarantine after Day 10 without any testing; or after Day 7, if they test negative with a PCR test taken on Day 5 or later, or an antigen test as close to Day 7 as possible. Be aware, the availability of local testing is limited

Please let them know what to do if they develop symptoms:

- They should call their healthcare provider or get tested at the community drive-through testing site.
- If their symptoms worsen, or they have difficulty breathing, they should call their healthcare provider, or call 911 in an emergency & let them know they are quarantining after exposure to a positive case of COVID-19.

For more detailed information:

- Visit covid.RiverstoneHealth.org to find out more about close contacts & community testing. Or call the RiverStone Health Public Information Line at 406.651.6415. Messages are returned weekdays from 8 a.m. to 5 p.m.