

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 **5 days** have passed since symptoms began or **5 days** after positive test date if asymptomatic.
- **AND** 24 hours after you no longer have a fever without fever-reducing medicine.
- **AND** symptoms have improved.
- Continue to wear a well-fitting mask around others for an additional **5 days**.

- **NOTE:** If you have not had any symptoms and do not develop any symptoms, isolation can end **5 days** after the day you were tested for COVID-19. Continue to wear a well-fitting mask around others for an additional **5 days**.

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.



What Should My Close Contacts Do?

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

A close contact outside your household 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.

NOTE: Close contacts who are fully vaccinated do not have to quarantine if:

- They are fully vaccinated **and** have received a booster dose **or** have tested positive for COVID-19 in the last 90 days.

.....▶ **All close contacts regardless of vaccination status should wear a well-fitting mask for 10 days following exposure and get tested for COVID-19 5 days after exposure.**

If testing is not possible, people can leave quarantine after day 5 if they have been without COVID-19 symptoms throughout the 5-day period. They should wear a well-fitting mask for 10 days after the date of last close contact when around others at home and in public.

What Quarantine Means

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

- Do not 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 quarantine lasts:

- Close contacts should quarantine for a full 5 days after their last exposure to COVID-19. They should wear a well-fitting mask around others in the home.
- If they have **NO SYMPTOMS** they should get tested 5 days after exposure. If they test negative, they can end quarantine but continue to use a well-fitting mask around others for an additional 5 days. If they test positive, follow isolation guidelines for positive cases.
- If unable to quarantine, wear a well-fitting mask when around others in and out of the home for 10 days.
- Those who are unable to wear a well-fitting mask should quarantine for a full 10 days.

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.
- They should call their healthcare provider if they feel worse or have difficulty breathing. Call 911 in an emergency & let them know they are quarantining after exposure to a positive case of COVID-19 or live with someone who has tested positive for 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.