



## Detailed Instructions for After You Test Positive for COVID-19

To safeguard your health and prevent the spread of the virus, you should plan to remain in isolation for **ten days** after symptoms first appeared or, if asymptomatic, from specimen collection (test date).

**Note: the shortened isolation period (5 days) only applies to those returning to work and school and does not apply to patients and visitors in healthcare settings, or healthcare workers during conventional standards of care.**

Circumstances where isolation can end at day 5, with return to work / school on day six, followed by continued masking for an additional 5 days are defined below.

1. Persons who are without symptoms.
2. Persons with mild infection, if symptoms are improving, and they are without fever while not using fever reducing medication.

Returning workers and students back to work or school on day 6 is not without risk and additional precautions must be taken.

### Additional Precautions to take on days 6 – 10

1. Wear a well-fitting face mask at all times when around others, including other people in household.
2. Avoid travel.
3. Avoid being around persons who are immunocompromised or at increased risk for severe disease.
4. Avoid visiting healthcare facilities. Notify your provider if you have scheduled appointments. Your provider can determine if an in-person appointment is needed or can be rescheduled.
5. Avoid restaurants and other places where you are unable to wear a mask.

### 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 well-fitting face mask 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 face mask at home, the people that you live with should wear a face mask 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.
- 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 well-fitting face mask 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*** like food or drinks, 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, face masks, and other contaminated items in a lined container before disposing of them in other household waste. Clean hands immediately.

