

If you test positive:

1. Stay isolated. Do not invite anyone into your home and limit contact with household members until at least 10 days have passed since symptoms started or you tested positive, AND at least 24 hours have passed since you had a fever without the use of fever-reducing medication, AND all other symptoms have improved.

2. Warn everyone you made close contact with up to two days before you started showing symptoms or tested positive. This includes anyone who spent at least 15 minutes within 6 feet of you in a 24 hour period.

3. Regularly clean frequently touched surfaces (like doorknobs) and reach out to family and friends for help with errands. Ask them to leave groceries on the porch to avoid contact.

4. Public health will call you as soon as possible - if there is a surge in cases they may not be able to reach everyone. Answer their call to help track the spread of the disease in your community.

I just tested for COVID-19 Now what?

It is extremely important that you stay home and away from other people while waiting for your test results.

During this time, put together a timeline with the following details:

- When you first started showing symptoms
- When and how you were likely exposed to COVID-19
- Who you have come into contact with since you were exposed to the disease, or since you started showing symptoms
- The contact information for all of those people
- If you have questions about your symptoms please contact your primary care provider. Call 2-1-1 if you do not have a primary care provider.

If you test negative:

1. Continue to quarantine if you have been exposed to COVID-19. It can take a full 14 days for the virus to show up in your system. On the 15th day you may leave the house, but wear a mask around other people as a precaution. If you were not exposed to COVID-19, follow your school or workplace illnesses policies.

2. If you experience any new, or worsening, symptoms call your doctor for a healthcare evaluation.

3. Clean all of your frequently touched surfaces (like doorknobs and counter tops) regularly with a disinfectant.

4. Reach out to family and friends for help with errands. Ask them to leave groceries, or other items, on the porch so you can retrieve them without making contact.