

You Tested Positive for COVID-19. Now What?



What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

How did I get exposed to COVID-19?

You may have been exposed to COVID-19 in one or more of the following ways: by being in close contact with someone who tested positive for COVID-19; by traveling to an area with an increased risk of COVID-19; or by spending time in an area or place that has community spread, which happens when someone has been infected with COVID-19, but is unable to identify how or where exposure happened.

Why do I need to be isolated while I have COVID-19?

Isolation is a strategy that is used to help prevent the spread of infection. It simply means to separate someone who is sick from those who are not sick. Because COVID-19 can be spread from person-to-person, staying away from other people is critical to stop the virus from spreading.

What should I do while being isolated?

While you are in isolation, stay in a separate room from others and if possible, use a separate bathroom. Try to limit contact with others in your home, and practice social distancing by staying at least six feet away. If you need to be around others, wear a face mask. If contact with someone will be longer than 15 minutes, you should both wear face masks. If you need a caregiver, limit it to one person and have them practice social distancing around others in your home.

Make sure to wash dishes, clothing, and bedding often using normal washing processes. Do not share dishes, cups, utensils, towels, or bedding with pets or people during this time. Continue to practice good hygiene by covering your coughs and sneezes with a tissue or elbow and washing your hands often. You should also clean highly touched surfaces often with a disinfectant. See attached handout: "CDC Recommendations for Disinfecting."

While it may seem like there are a lot of restrictions on what you can't do during isolation, there are still many good things that you can do. For some ideas on things to do while in isolation, see the attached handout: "List of Productive Things to Do While in Isolation."

Does my family need to be quarantined?

If you have family or friends that live in your home or have been in close contact with you while you have experienced COVID-19 symptoms (fever, cough, shortness of breath), they may be required to be quarantined and monitored, which includes reporting on their temperature and other symptoms, for a **14 day** period.

Quarantine is a strategy that separates and restricts the movement of those who may have been exposed to a contagious disease. Those who are quarantined should stay home from work, school, religious gatherings, and other group settings (i.e., movie theaters, shopping centers, restaurants, etc.).

What does my family need to do while I'm isolated?

While you are being isolated, your family members should not use the same areas of the home that you use. Have your family members and friends practice social distancing by staying six feet away from others. You can have your family members clean other areas of the home, but you or a caregiver should clean your room and the bathroom that you are using while wearing gloves. If you need to be around others in your home and are unable to wear a mask, have your family members wear a mask. This should not be necessary though if you are practicing social distancing. Encourage those in your home to wash their hands often and to practice good hygiene.

When will my isolation end?

Public health officials will let you know when you are no longer required to be isolated. Typically, isolation will be discontinued at least 7 days after the onset of your symptoms **and** when you have been symptom free for three days.

Why am I being monitored?

To help slow the spread of COVID-19, the Davis County Health Department will be monitoring, or checking in on what's happening with you and your symptoms. Monitoring your symptoms can help public health officials know when you are no longer at risk of spreading COVID-19 to other people.

What do I need to do while being monitored?

While you are being monitored, you will be asked to check your symptoms daily and report them to public health officials. This includes taking your temperature in the morning and evening (about 12 hours apart) every day and recording it on the Temperature and Symptom Monitoring Form on the following pages.

Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin, Advil)
- Aspirin

If you forget to take your temperature, take it as soon as you remember and record it on the form. You will also be asked to report on other symptoms, such as cough and shortness of breath.

If your symptoms change or get worse:

Contact your healthcare provider, the Davis County Health Department: 801-525-5220, or the Utah Department of Health: 1-888-374-8824 immediately.

Utah Novel Coronavirus Temperature and Symptom Monitoring Form

Name:	Age (yrs):	Sex: M F
Street address:	City/state:	
Telephone number:	Case ID:	
Where did travel and/or contact with an ill person occur:		
Date of last exposure (travel and/or contact to an ill person):		
Date monitoring is completed:		

Instructions: Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5220, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

Day # (from last exposure)	1		2		3		4		5		6		7	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

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Day # (from last exposure)	8		9		10		11		12		13		14	
Date														
AM or PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
Temperature														
Felt feverish	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N	Y N

Frequently Asked Questions

What if I need immediate medical attention?

If you are ill and need medical attention, call your healthcare provider and let them know that you have tested positive for COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know you are positive for COVID-19.

What if I don't feel sick or have any symptoms?

Even if you do not experience any symptoms, you should stay at home. **Do not** go to work, school, religious gatherings, and other group settings (i.e., movie theaters, shopping centers, restaurants, etc.), or any public area outside of your home for the required isolation period. Even if you do not have symptoms, there's a low risk of spreading the virus to others. It is also recommended to avoid having visitors or family members who do not live with you, at your home during isolation, even if you don't have symptoms.

What should I do if I have pets or animals?

It is important to limit contact with pets and animals while in isolation. If possible, have another family member or friend take care of your pets or animals while you are sick. If that is not an option, wash your hands before and after spending time with your animals or pets.

How should I get supplies if I can't leave my house?

If you need to get groceries or other necessary supplies, consider asking a family member, neighbor, or friend who does not live with you to pick things up and drop them off at your house. You can also look into drop off or delivery services. If this is not an option, have a family member without symptoms go during off hours and wear a mask.

10 things you can do to manage your health at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



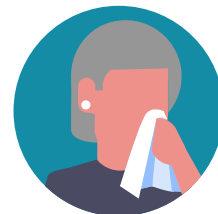
4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



Please go to www.cdc.gov/covid19-symptoms for information on COVID-19 symptoms.

What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: www.cdc.gov/COVID19



Wear disposable gloves when cleaning and disinfecting. Gloves should be thrown away after each use.



If surfaces are dirty clean them with soap and water prior to disinfecting.



For porous surfaces like rugs, carpeted areas, and drapes, remove visible contamination if present & clean with appropriate cleaners indicated for use on these surfaces. Launder after cleaning when possible and use the warmest appropriate water setting for the item.

CDC Recommendations for Disinfecting

HOW TO CLEAN & DISINFECT SURFACES

COVID-19 CAN REMAIN
VIALE FOR HOURS TO DAYS
ON SURFACES



Clean and disinfect frequently touched surfaces daily. Use disinfectants appropriate for the surface.



For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective. (Never mix bleach with ammonia or other disinfectants)

Always follow appropriate label instructions for safe and effective use of household cleaners and disinfectants. Make sure you have good ventilation during use of the product.

List of Productive Things to Do While in Isolation

Besides getting plenty of rest and binging Netflix, here are some ideas on staying productive while in home isolation. Adopted from the blog onesmileymonkey.com

NOTE: Please remember the importance of separating yourself from everyone in the home, including pets. It may be tempting to bake or try new recipes, but please refrain from activities that involve the family or take place in common areas in the home.

Additionally, focus on resting and getting well. Some of these suggestions involve some strenuous activity, which should be saved for the later days of your isolation period. Listen to your body and do only what you feel up to doing. Communicate with your doctor if you have concerns.

1. **Take an online course.** Now is a great time to learn that skill you have had no time to learn before. There are so many websites with both free and paid options, or you can simply go on YouTube and find free tutorials. So many possibilities.
2. **Spring declutter.** Staying home gives you a chance to Spring Clean at your own pace. You can start slowly, find old toys the kids don't play with anymore, donate baby books, look for things you don't use and have stored somewhere and forgotten about. Collect all unwanted items to donate and give away.
3. **Organize your closet.** Do a closet clean, check to see if you have any clothes that don't fit or you don't wear anymore. Get your spring wardrobe ready and put all your winter clothes away.
4. **Get creative.** Paint, color, or try origami. Write a song, poetry, or a short story. Maybe even try writing some jokes. Let your inner artist free.
5. **Create a photo book and organize your photos.** If you have been waiting for free time to finally organize and create photo books from your last family holiday or celebration, now is the time.
6. **Learn a new language.** Now's your chance. Try downloading Duolingo. Find a Skype video friend to practice with. Look forward to practicing it in real life when you can travel again.
7. **Deep clean your kitchen.** Organize your kitchen drawers (only if you live alone - otherwise avoid touching common-use items), clean your oven, deep clean your microwave, clean your dishwasher, move the fridge and stove and vacuum behind them.
8. **Work on your taxes.** Taxes need to get done anyway. Maybe this is a good time to organize all the receipts and get those taxes done.
9. **Start a new book series.** Do you have a book you started forever ago and never finished? How about a book series that you have always wanted to read? Join an online book club. You can get e-books from your local library or buy new books or e-books online from Amazon.

10. **Meal plan for the next two weeks.** If you usually don't have the time to sit down and meal plan, try it now. You can go online and look for new recipes, shop for ingredients online, and have all your meals for the next few weeks planned.
11. **Start a YouTube workout challenge.** No going to the gym for a few weeks? No problem. If you have a TV or laptop, even from your phone, you can start a free Youtube workout challenge to stay active from home. So many good free workouts online. If exercise is too strenuous, try yoga, stretching, or meditation.
12. **Sort, clean, and delete photos from your phone.** It takes time to go through your phone's photo folder and delete unwanted photos—the perfect thing to do right now if you have some free time.
13. **Organize your computer's desktop and files.** If your computer's desktop is filled with random files, photos and documents, take some time to go through them and organize everything. Having a clean desktop feels so good.
14. **Complete a puzzle.** That 5000-piece puzzle is calling. It can become quite addictive once you get into it. There's even online jigsaw puzzles--also crossword puzzles, word searches, and brain busters to keep your mind challenged.
15. **Clean your vehicle.** Head to the garage and clean the inside of your car, pick up all the garbage, and maybe vacuum underneath their car seats. Don't forget to sanitize all the handles, the steering wheel, and dashboard. It will feel like a brand new vehicle when you can drive it again in a couple of weeks.
16. **Give yourself a mani-pedi.** When was the last time you got a mani-pedi? Since you are not going to the salon, gather all your tools and polishes and give yourself a mani-pedi.
17. **Bring the spa home.** Give your hair a good deep-condition or do a facial mask. Break out the bath bombs you've been saving since Christmas. You deserve to be pampered. This suggestion goes for men, too!
18. **Clear your inbox.** Perfect time to go through all your emails and respond to those that have been waiting to hear from you for awhile. Get that inbox to zero and feel the satisfaction.
19. **Work on your living will and organize your affairs.** Yes, it sounds melodramatic and morbid but let's face it: This is a task many of us avoid because we never have the time. Now you do. There are online websites that can help you with this. Consider investing in a fireproof box if you don't have one. Thanks, online ordering!
20. **Update and create playlists of your favorite music.** Create a playlist of your favorite tunes and enjoy them while you work on other productive activities.
21. **Learn a new skill or hobby.** Knitting, crocheting, calligraphy, video editing, photography, wood carving.... The world is your oyster!
22. **Optimize your desk and workspace.** Is your desk a mess? Time to file and organize those bills, documents, and kids' crafts.

23. **Work on your financial planning.** After you've organized all your paperwork, you can get to creating the budget you've been meaning to. Explore refinancing or ways to save more money. There are lots of good templates on the web.
24. **Get reflective.** Make a list of things for which you are grateful or just simply journal. If you don't have a journal, this is a fun time to online shop for one you'll want to write in every day.
25. **Get handy.** Finally get around to fixing that broken door knob, loose tile, or cleaning scuffed up walls. (Do what you can without having to make the trip to Home Depot).
26. **Write letters to catch up with family and friends.** Since we won't be travelling to see friends and family for a while, writing letters and e-mails to loved ones is a lovely way to stay connected. Try sending snail mail for a change.
27. **Check your medicine cabinets for expired products.** A great time to sort through old expired products and medications. Look up nearby drop-off locations so you can dispose of medications properly once you can leave the house again.
28. **Go outside for a walk.** Don't forget to go outside and enjoy some fresh air. Find spots that are not busy and walk. We all need the fresh air and Vitamin D right now.
29. **Make a dream list.** Make lists of all the museums, sporting events, and concerts you want to visit when they finally reopen. Keep the lists going with restaurants, vacations, and trips to visit loved ones.
30. **Finally, remember to stay positive.** Time will have gone by before you know it, and you'll have an impressive list of things you were accomplish. Even if you don't get around to doing these items, you will have accomplished *overcoming COVID-19* in 2020! And that's something to be proud of.