

You Tested Positive for COVID-19. Now What?



Stay at home and isolate immediately.

Isolation keeps someone who is infected with the virus away from others, even in their home. Isolation helps slow the spread of COVID-19 and can help keep your family, friends, neighbors, and others healthy.

The virus that causes COVID-19 most commonly spreads between people who are in close contact with one another (within about 6 feet, or 2 arm lengths). It spreads through respiratory droplets or small particles, such as those in aerosols, produced when an infected person coughs, sneezes, sings, talks, or breathes.

Most people with COVID-19 have mild illness and can recover at home. Do not leave your home, except to get medical care.

Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.

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. Avoid contact with others in your home, and maintain physical distance by staying at least six feet away. If you need to be around others, wear a face mask. If you need a caregiver, limit it to one person who can maintain physical distance 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 high-touch surfaces often with a disinfectant. See attached handout: "CDC Recommendations for Disinfecting."

Tell your close contacts.

If you are diagnosed with COVID-19, tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

Being closer than 6 feet to a person for a total of 15 minutes or longer in a 24-hour period counts as close contact.



What is the difference between isolation and quarantine?

Isolation keeps someone who is definitely infected with the virus (tests positive) away from others, even in their home. Quarantine keeps someone who *might have been exposed* (such as a close contact) away from others. Because they might have the virus, they can still spread it to others without knowing.

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 (e.g., fever, cough, shortness of breath, etc.), they may be required to be quarantined for at least 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, and other group settings (e.g., 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 physical distancing by staying six feet away from others. If you are unable to maintain a 6-foot distance from others in your home, you, your family members, and caregivers should wear a mask. 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 10 days after the onset of your symptoms **and** when you have been fever free for 24 hours (without using fever-reducing medication) **and** when your other symptoms have improved. Persons who test positive but who never develop COVID-19 symptoms may discontinue isolation and other precautions 10 days after the date of their first positive test.

During your isolation, self-monitor for any changes in your symptoms.

To self-monitor, keep a daily log of your symptoms and report any changes 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. Monitoring your symptoms can help public health officials know when you are no longer at risk of spreading COVID-19 to other people.

Before you take your temperature:

Wait 30 minutes after eating, drinking, exercising, or taking a shower or bath.



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

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

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:		

<i>Instructions:</i> 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 801-525-5200, 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

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: 801-525-5200, or the Utah Department of Health: 1-888-374-8824 immediately.

For more information on COVID-19, visit:

daviscountyutah.gov/coronavirus

coronavirusutah.gov

cdc.gov/COVID19

Other isolation resources from Utah Coronavirus:

Utah Coronavirus: What is self-isolation? (pdf)

https://coronavirus-download.utah.gov/Health/10746_Self-Isolation_Public_Flyer_V6.pdf

Utah Coronavirus: What is isolation? (video)

https://www.youtube.com/watch?v=2C0kR8rgVWU&feature=emb_title

What do do if you are on quarantine or self-isolation for COVID-19 (pdf)

https://coronavirus-download.utah.gov/Health/Care_Booklet_English.pdf

Frequently Asked Questions



What if I need immediate medical attention?

If you develop life-threatening symptoms, such as trouble breathing, call 911 and let them know you are positive for COVID-19. If you need non-life threatening 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.

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, and other group settings (e.g., 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, you may still spread the virus to others. 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. If you need extra assistance to stay safe at home, please call 801-525-5050, Option 5.

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

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



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



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



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.



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



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 mask.



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.



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



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



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

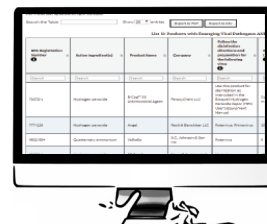


6 Steps for Safe & Effective Disinfectant Use



Step 1: Check that your product is EPA-approved

Find the EPA registration number on the product. Then, check to see if it is on EPA's list of approved disinfectants at: [epa.gov/listn](https://www.epa.gov/listn)



Step 2: Read the directions

Follow the product's directions. Check "use sites" and "surface types" to see where you can use the product. Read the "precautionary statements."

Step 3: Pre-clean the surface

Make sure to wash the surface with soap and water if the directions mention pre-cleaning or if the surface is visibly dirty.



Step 4: Follow the contact time

You can find the contact time in the directions. The surface should remain wet the whole time to ensure the product is effective.

Step 5: Wear gloves and wash your hands

For disposable gloves, discard them after each cleaning. For reusable gloves, dedicate a pair to disinfecting COVID-19. Wash your hands after removing the gloves.



Step 6: Lock it up

Keep lids tightly closed and store out of reach of children.

[coronavirus.gov](https://www.coronavirus.gov)

What is contact tracing?

Contact tracing is an important part of how public health responds and stops disease outbreaks. People who have been in close contact with someone who has COVID-19 are more at risk of getting infected and making others sick. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

How does contact tracing work?

Public health workers talk to people who have COVID-19 to find out who their close contacts are. The health department calls the close contacts and actively monitors them for symptoms, or checks to see if they get sick. They may also ask them to quarantine or self-isolate. The health department gives them important information about what they need to do next. They tell close contacts where to get tested or get medical care. They also tell them what to do to keep other people from getting sick.



Active monitoring

Active-monitoring is when someone from your local health department calls or texts you one time a day to check on you and ask you how you are feeling.

Contact tracing process



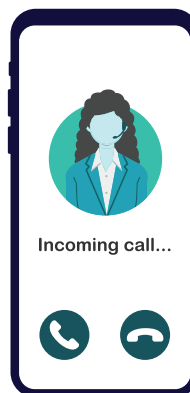
- 1 Jane and Dan were at the same birthday party.



- 2 A few days later, Dan gets symptoms of COVID-19. He gets tested. Dan tests positive for COVID-19.



- 3 The health department works with Dan to find out the places he has been and who he has spent time with.



- 4 The health department calls Jane to tell her she may have been exposed to COVID-19. They tell her what she needs to do next.

COVID-19 antibody tests

Serology or antibody tests may be able to tell if you have been infected with the virus that causes COVID-19.

Your body makes antibodies when it fights an infection. Antibodies in your blood mean at one time you were exposed to COVID-19. Antibody tests find these antibodies in your blood and tell you if your immune system has responded to the infection.



Antibody tests may show if you have been previously infected.

A blood sample is used to find:



Develop early in an infection.



Develop later or after you've recovered.



An antibody test is different from the test in which a healthcare worker uses a nasal swab to collect a sample from your throat, behind your nose. This test is called a PCR test. A PCR test tells you if you are sick with COVID-19 right now.

Where can I get an antibody test?

Right now, you will need to ask your healthcare provider to order an antibody test. There may be a cost to you and your health insurance for this test. Ask your health insurance provider what the cost will be.

What does a positive antibody test result mean?	What does a negative antibody test result mean?
<ol style="list-style-type: none">1. If an antibody test is positive and shows antibodies are in your blood, you were likely infected with COVID-19.2. This does not guarantee you have immunity to the virus.3. It is important to still practice social distancing.	<ol style="list-style-type: none">1. If an antibody test is negative and shows no antibodies in your blood, you were likely not infected with COVID-19.2. You may have been tested early in your infection, or your body has not made enough antibodies to be detected.3. It is important to still practice social distancing.

If you get sick with symptoms of COVID-19 (like a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of smell or taste), you may need to be tested for COVID-19 with a PCR test. A PCR test is done by a healthcare worker who uses a nasal swab. Call a healthcare provider or visit www.coronavirus.utah.gov/testing-locations/.