

# You Tested Positive for COVID-19. Now What?



## Stay at home and isolate immediately.

If you have tested positive for COVID-19, it is important to stay away from others, even in your own home, until it is safe to be around them again. 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. If needed, take over-the-counter medicines, such as acetaminophen (Tylenol) or ibuprofen (Advil), 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 EPA handout: "6 Steps for Safe & Effective Disinfectant Use."

## 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.

**Close contacts:** Anyone that was closer than 6 feet to you for a total of 15 minutes or longer, within a 24-hour period.



For 15 Minutes

## What is the difference between isolation and quarantine?

Isolation means to keep someone who is infected with the virus (tests positive) away from others, even in their home, to prevent the spread of COVID-19.

Quarantine means to keep someone who *might have been exposed* to the virus (such as a close contact) away from others in case he/she develops the disease. Those who are quarantined should stay home from work, school, and other group settings (e.g., movie theaters, shopping centers, restaurants, etc.). Because they might have the virus, they can spread it to others without knowing.

## Does my family need to be quarantined?

Family or friends that have had close contact with you should quarantine. This could include those who: live in your home, were around with you while you experienced COVID-19 symptoms (e.g., fever, cough, shortness of breath, etc.), or those who had close contact with you within 48 hours of when you were tested.

Family members, friends, coworkers, and others who may need to be quarantined should do so for at least a **10 day** period, starting from the last day that they had close contact with you. It can take up to 14 days from exposure before symptoms develop, so it is recommended to quarantine for 14 days if possible - but no longer required.

**Testing Option:** If they choose, those who are quarantined may get tested 7 days after they were exposed to COVID-19. If they test negative and do not have any symptoms of COVID-19, they can end their quarantine. However, household members must quarantine for 10 days, even if their test results are negative. If you choose not to be tested, you must quarantine for 10 days.

## **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 6 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?**

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. 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 you 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

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 or seek medical care immediately.

## For more information on COVID-19, visit:

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

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

[cdc.gov/COVID19](https://cdc.gov/COVID19)

## Other isolation resources from Utah Coronavirus:

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

[https://coronavirus-download.utah.gov/Health/Self\\_Isolation\\_Public\\_Flyer.pdf](https://coronavirus-download.utah.gov/Health/Self_Isolation_Public_Flyer.pdf)

Utah Coronavirus: What is isolation? (video)

<https://youtu.be/om-0GQigCjw>

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](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 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](https://www.cdc.gov/covid19-symptoms) for information on COVID-19 symptoms.



# 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.