

I Tested Positive

If you tested positive for COVID-19, you should not wait to hear from the health department. Immediately follow the guidance as described below.

Stay home except to get medical care.

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people, if you are able to

Learn more about what to do if you are sick by visiting:

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

Identify and Notify Your Close Contacts

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. You can contact them by using <https://tellyourcontacts.org/> .

More information is available on the CDC's website on the steps to take to prevent the spread of COVID-19 if you are sick.

