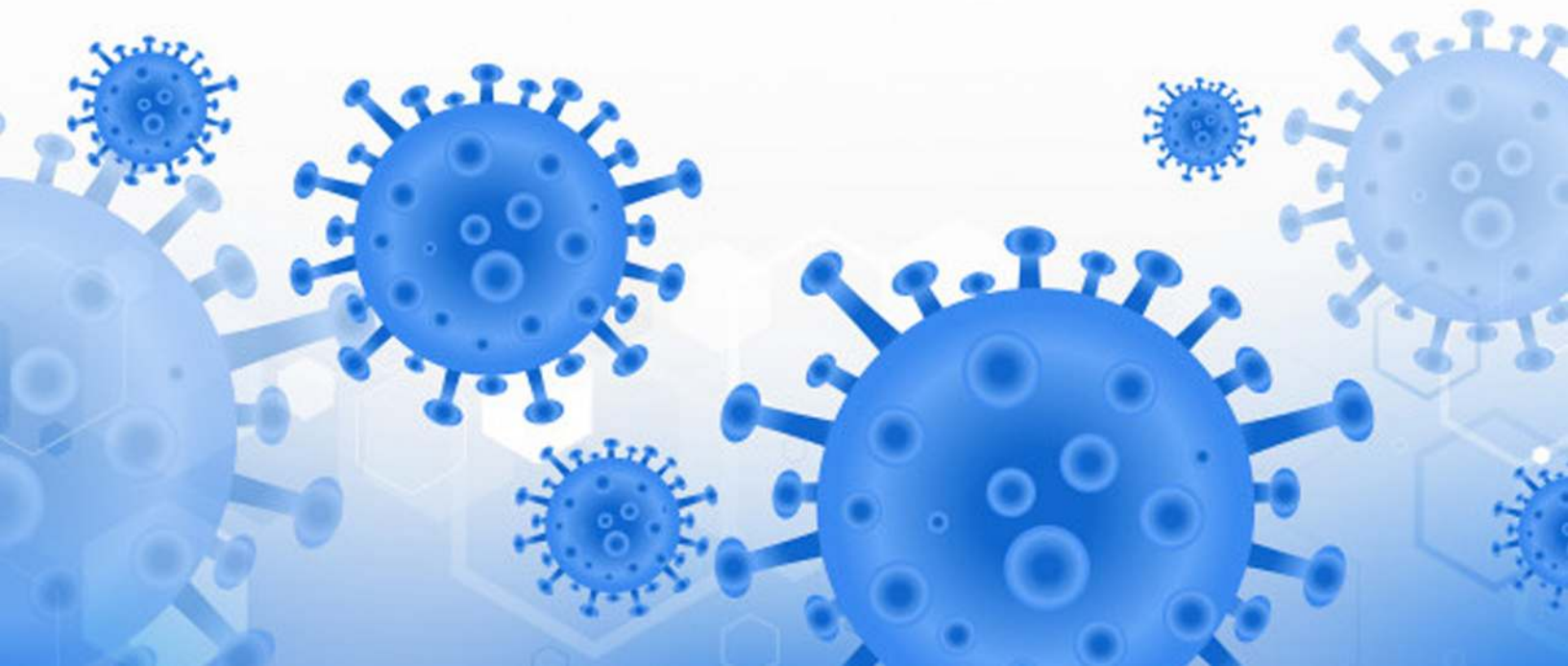# POSITIVE COVID-19 TEST INFORMATION

POSITIVE COVID-19 TEST INFORMATION

STEPS TO TAKE:

1. Notify Your Primary Care Provider that you have tested positive.

2. Monitor Your Symptoms

- Monitor your symptoms. If you have an emergency warning sign (such as 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 in your home. They should wear a mask when in contact with you as well.

3. Stay Home Except To Get Medical Care

Stay home. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.

4. Take Care Of Yourself. Get rest and stay hydrated, eat healthy foods i.e. vegetables, fruits, teas. Nutrient rich foods to help your body fight the infection. Take over-the-counter medicines such as acetaminophen, to help you feel better.

5. Stay In Touch With Your Doctor. Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.

6. Avoid Public Transportation, ride-sharing such as Uber or Lyft, or taxis.

IMPORTANT TO KNOW

It is very important to separate yourself from other people in your home.

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

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.

When To Seek Emergency Medical Attention

Watch for **emergency warning signs*** for COVID-19. If you develop any of these signs, **seek emergency medical care immediately:**

- **Trouble Breathing**
- **Persistent Pain or Pressure in the Chest**
- **New Confusion**
- **Inability to Wake or Stay Awake**
- **Bluish Lips or Face**

*This list does not include all possible symptoms. Please call your medical provider for any other symptoms that are concerning to you.

Call 911 or call ahead to your local emergency facility: .Notify the operator that you are seeking care for someone who has or may have COVID-19.

Wear A Mask!

You should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home). You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing, for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.

Cover Your Coughs And Sneezes

Cover your mouth and nose with a tissue when you cough or sneeze.·

Throw away used tissues in a lined trash can.

Immediately wash your hands 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.

Clean Your Hands Often

Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Ventilate, when possible. It is important to open doors and windows for some time daily, so that virus contaminated air can flow out of your home.

How Long to Isolate

Generally you can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If You Have No Symptoms

If you continue to have no symptoms, you can be with others after **10 days** have passed since you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you have symptoms

If you develop symptoms after testing positive, you can be with others in **10-14 days**, a minimum of 72 hours after your fever has gone and symptoms have improved.

People who become seriously ill with COVID-19 might need to stay home longer than 10 days and **up to 20 days after symptoms first appeared**. Persons who are severely immunocompromised may require testing to determine when they can be around others.

For additional information about the latest recommendations for COVID-19 visit *www.cdc.gov/coronavirus/2019*

To see a list of supplements and botanicals that have been associated with improved immune system function visit *www.askdrjill.net*