

FEELING HEALTHY BUT TESTING POSITIVE: WHAT'S NEXT?



It may be a surprise to suddenly test positive for COVID-19, especially if you feel healthy and had no reason to suspect it. Remember that between 20 and 40 percent of people who test positive for COVID-19 never develop symptoms, and of those who do develop symptoms, most have a mild illness and can recover at home without medical care. Now that you have tested positive, there are important steps you should take to protect yourself, your loved ones and your community, and to stop the spread of the virus.

Stay Home and Isolate.

Even though you feel normal, do not go to work, school or public places, and avoid being in close contact with people and animals, even your own family members or roommates. Isolation is the most effective step you can take to prevent the virus from spreading to others. Make sure you adhere to these guidelines:

- 1 Stay at home, unless you need medical care.
- 2 Take care of yourself. Get rest and stay hydrated.
- 3 Stay in a separate room. If that is not possible, limit contact with other members of the household as best you can.
- 4 Always wear a mask around family members and in shared spaces, and ask everyone else to wear a mask. If you can not wear a mask, stay at least 6 feet apart. Do not put masks on children under the age of 2 or anyone who has trouble breathing.
- 5 When you cough or sneeze, cover your nose and mouth, throw away used tissues, and immediately wash your hands.
- 6 Wash hands frequently with soap and water. Use hand sanitizer if soap and water are not available.
- 7 Use a separate bathroom, if available.
- 8 Do not share household items, such as utensils, cups, towels or bedding.
- 9 Clean and disinfect spaces and surfaces daily. As long as you feel healthy, clean and disinfect your own isolation space to avoid putting others at risk.
- 10 Avoid any contact with other people or pets.
- 11 Avoid using public, shared or common spaces.
- 12 If you live in a shared living space or complex, check in with an administrator for guidance regarding bathrooms and use of other shared spaces.

- 13 Avoid the use of public transportation, ride-sharing, or taxis.
- 14 Monitor your symptoms. COVID-19 symptoms include fever, cough, and loss of smell or taste. Call your doctor if you start experiencing symptoms and to schedule a safe visit.
- 15 Look for emergency warning signs such as trouble breathing, pain to your chest, inability to stay awake or bluish lips. Call your doctor or urgent care right away if you experience any of these signs.

When can I end home isolation and see other people again?

If **you never developed any symptoms**, you can go back to work and your regular routines 10 days after you tested positive for COVID-19.

If you **did develop mild to moderate symptoms**, you can return to regular life if you meet all of these three criteria:

- 1 10 days after the onset on symptoms and
- 3 24 hours with no fever and without medications that reduce fevers and
- 3 Other symptoms of COVID-19 are improving (note that some symptoms such as loss of taste and smell can persist for months after infection.)

If you **were severely ill with COVID-19** or have a **weakened immune system** due to a health condition or medication, you may have to stay home up to 20 days after your symptoms first appeared. Please connect with your healthcare provider for specific instructions.

Visit bit.ly/covidemergency and scroll to “When to seek emergency medical attention” for a full list of emergency medical signs and instructions for safely seeking medical care

Learn how to effectively wash your hands at www.cdc.gov/handwashing

For more on how to safely clean and disinfect spaces during COVID-19, visit bit.ly/covid19clean

#TakeTheTest

Make your voice heard! Share your testing experience on social media