



COVID-19 Test Results

You have tested **POSITIVE** for the Coronavirus also known as COVID-19.

In order to prevent further spread of the virus, please see information at: www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html and follow the directions below.



Stay away from others:

As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.

Limit contact with pets & animals:

You should restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

Call ahead before visiting your doctor:

If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

Wear a facemask if you are sick:

You should wear a facemask when you are around other people and before you enter a healthcare provider's office.



Cover your coughs and sneezes:

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

Dispose: Throw used tissues in a lined trash can.

Wash hands: 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 hands: 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.

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.

Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items:

Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.



Clean all “high-touch” surfaces everyday:

Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.

Clean and disinfect: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

- If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.

High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

Clean and disinfect areas that may have blood, stool, or body fluids on them.

Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found at: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>



Monitor your symptoms:

Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).

Call your doctor before going in: Before going to the doctor’s office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.

Wear a facemask: If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

**This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*



Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.



Guidance for discontinuing home isolation

In order to discontinue home isolation, CDC recommends:

It has been at least 10 days since your COVID test;
AND

If you experienced any COVID related symptoms, they are now improving;
AND

You have not had fever for at least the past 24 hours without the use of fever reducing medications.

When leaving the house, please follow CDC and your local Department of Health Recommendations:

- Wear a cloth face covering over your nose and mouth at all times when in contact with other people;
- Practice safe social distancing by keeping a distance of 6 feet apart from others.

Guidance For Healthcare Professionals On Returning To Work

After returning to work, Healthcare Provider should:

- Wear a face mask at all times while in the healthcare facility until all symptoms are completely resolved or until 14 days after illness onset, whichever is longer
- Be restricted from contact with severely immunocompromised patients (e.g., transplant, hematology-oncology) until 14 days after illness onset

*CDC and local Department of Health guidelines may have been adapted to changing local circumstances. Please refer to www.CDC.gov for the most recent changes. Please call your local Department of Health for more guidance.