



Eastern Highlands Health District

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I tested positive for COVID-19. What should I do?

Isolate at home for 5 days following your onset of symptoms (or the date of test collection if you have no symptoms).

- The day you start symptoms or test and have no symptoms is considered day 0.
- After 5 days, if you have no symptoms or your symptoms are resolving, you can leave isolation.
- If you have a fever, continue to stay home until your fever resolves.
- Continue to wear a mask around others for 5 additional days.
- The CDC does not recommend a negative test result to return to school/work/recreational/social activities, as you may continue to test positive up to 90 days following the initial positive test.

Identify your close contacts.

- A close contact is anyone within 6 feet for 15 minutes or more (cumulatively over a 24 hour period) during infectious window, which begins 48 hours prior to the onset of symptoms, or date of test collection if asymptomatic.
- A contact-of-a-contact is not a contact.

Speak with a contact tracer when they call.

Monitor your symptoms. Call 911 if you are having a medical emergency, including difficulty breathing.