

I HAVE TESTED POSITIVE FOR COVID-19 –NOW WHAT?

UPDATED PER CDC 12/28/21

Begin self-isolation

If your test results come back positive, you must isolate for a minimum of **5** days. (Regardless of vaccination status) Please do not go to work, school, public places (including the grocery store), take public transportation, or have guests over. **PLEASE STAY HOME.** If you have no symptoms after 5 days you can leave your home and continue wearing a mask for another 5 days. If you still have symptoms please stay in isolation until symptoms improve.

If you have a fever, continue to stay home until your fever resolves.

Take Care of Yourself

- Get rest and stay hydrated
- Stay in touch with your healthcare provider and call before you get medical care
- Be sure to get care if you have emergency warning signs
 - ⇒ Trouble breathing.
 - ⇒ Persistent pain or pressure in the chest.
 - ⇒ New confusion.
 - ⇒ Inability to wake or stay awake.
 - ⇒ Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone.

Notify Your Close Contacts

For COVID-19, a close contact is anyone who:

- had direct contact with you (hugging, kissing, touching) **OR**
- was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes).

These contacts will need to follow quarantine guidelines.

I WAS EXPOSED TO COVID-19 - NOW WHAT?

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I am boosted OR

I completed primary series of Pfizer or Moderna in the last 6 months OR

I completed the primary series of J&J in the last 2 months

- Masks should be worn for 10 days
- Test on day 5, if possible

If you develop symptoms get a test and stay home.

I completed the primary series of Pfizer or Moderna over 6 months ago but am *NOT boosted* OR

Completed primary series of J&J over 2 months ago and am *NOT boosted* OR

I am NOT VACCINATED

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home.

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

Ohio Department of Health call center is ready to answer your questions about COVID-19

1-833-4-ASK-ODH (1-833-427-5634)

The COVID-19 call center is 9am to 8pm every day of the week (even holidays).