



What to do after a positive COVID-19 test

Stay home and isolate to stop the spread

Isolation keeps someone who is infected with the virus away from others, even in their home.

Quarantine keeps someone who might have been exposed to the virus away from others.

If you have symptoms or have tested positive for COVID-19, you need to isolate immediately for 10 days. Stay away from everyone, including the people you live with and family members.

Separate yourself from others and not leave your home.

Don't:

- ✗ Do not go to work, school or public places – work from home if you can
- ✗ Do not use public transportation, taxis, or rideshare services
- ✗ Do not go out to get food and medicine (including via drive-through). Order it online or by phone, or ask someone to bring it to your home and leave on your doorstep
- ✗ Do not have visitors in your home, including friends and family. The only exception is for people providing essential medical care while wearing PPE.
- ✗ Do not share personal household items, like cups, towels, and utensils

Do:

- ✓ Monitor your symptoms.
- ✓ Stay away from other household members.
- ✓ Use a separate bathroom, if possible.
- ✓ Avoid contact with other household members and pets.
- ✓ Always wear a mask in shared spaces around the home.
- ✓ Drink water and stay hydrated.
- ✓ Stay connected virtually.

Keep other household members well:

If someone is in isolation, they need to limit contact with other household members as much as possible. This will help prevent them from spreading the virus:

- The COVID-19 positive person should stay in a separate room as much as possible for at least 10 days. Do not share a bed with others.
- Everyone in the house needs to wear a mask when in shared spaces, *always*.
- If possible, make sure the person with COVID-19 has access to their own bathroom.

- If you are sharing a bathroom, clean and disinfect surfaces after every use.
- Help prepare food for the COVID-positive person so they do not have to go into the kitchen. Leave food outside their door.

Help and support while you are isolating

- Call 2-1-1 (1-800-478-2221) if you need help with groceries, medicine, financial assistance, child care assistance, or other resources.
- Contact your local emergency operations center. Local health authorities may have systems in place to support those needing to isolate, especially those who don't have housing in which they can safely isolate.

When to stop isolation

Persons with COVID-19 may stop isolating if all three of the following are true:

- At least 10 days have passed since symptoms first appeared **and**
- At least 1 day (24 hours) have passed with no fever/without the use of fever-reducing medications **and**
- Other symptoms have improved.
- If essential workers such as health care workers have questions about when they can return to work, they can ask their contact tracer, health care provider or employer.
- For more information, visit this CDC webpage: [cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html)

Seek immediate medical care or call 911 if you develop:

- Difficulty breathing
- Bluish, gray, or whitish lips or face
- Constant pain or pressure in the chest
- Severe, constant dizziness or lightheadedness
- Acting confused
- Difficulty waking up
- Slurred speech (new or worsening)
- Other symptoms that are concerning

NOTIFY FIRST RESPONDERS/ EMERGENCY SERVICES THAT YOU HAVE TESTED POSITIVE FOR COVID-19

Let your close contacts know

A close contact is someone who was within 6 feet of a person who tested positive for COVID-19 for a cumulative total of 15 minutes or more over 24 hours while the person was infectious.

- Notify your close contacts that you have tested positive for COVID-19 and they need to quarantine immediately.
- The infectious period for COVID-19 is considered to be 2 days before symptoms begin, or your test date if you do not experience symptoms.
- If the close contact and the case are NOT able to isolate from each other (for example, due to living in the same household) then the quarantine for the close contact will begin after the isolation period for the case has ended (10 days of isolation plus quarantine).
- If the close contact has a new exposure to someone else who is infected (for example, another family member), the close contact will be required to restart their quarantine period. This will begin after their last exposure to the infected person.

Sample Script:

As a friend, acquaintance, or contact, I want you to know you may have been exposed to COVID-19 on (ADD DATE). It is recommended that you follow the CDC's guidelines and stay at home in self-quarantine for 14 days.

Since we spent over 15 minutes together on (ADD DATE) at (LOCATION), you are considered one of my close contacts. COVID-19 is extremely contagious. It can take anywhere from 2-14 days to develop symptoms after exposure. By both of us staying home we are helping to break the chain of transmission. The quicker you begin your quarantine, the faster we can get this virus under control.

You do need to quarantine immediately but you do not need to test right away. For those in quarantine, testing is recommended around day 7 and day 14 of your quarantine.

For more information from the CDC, please visit [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html) which also contains a self-checker.

Thank you. Your isolation action stops the spread of COVID-19.



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For more information www.coronavirus.gov and covid19.alaska.gov

Contact your local health authority or emergency operations center.

If you have been tested but do not receive results after 3 days, please contact your testing facility.

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