

Sick or Being Tested for COVID-19

If you have tested positive for COVID-19 or are being evaluated (i.e., waiting for test results) for COVID-19 infection by a health care provider and sent home to recover, you'll be asked to stay home and monitor your symptoms to help prevent the disease from spreading to other people in your home and community. Other people you live with and those you had close contact with during the time you became sick, also will be asked to take specific actions to monitor for symptoms of illness and prevent further spread to others.

Avoiding Contact with Others

Staying home and avoiding physical contact with others is an important prevention step you can take to protect others from being infected and spreading further into the community. It can also be difficult, at times, as it may leave you feeling isolated, or alone. Calling up friends and using mobile video chats can be great ways to stay connected even when physically apart.

Please follow these guidelines during your home isolation period.

1. If you have **symptoms and tested positive for COVID-19**, you should:

Stay home and away from others for **10 days** since your symptoms first started **AND** at least **72 hours** (3 days) after your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved**.

2. If you have **symptoms and tested negative for COVID-19**, you should:

Stay home and away from others until **3 days (72 hours)** have passed since your **fever has gone away** without the use of fever-reducing medications **AND** your **respiratory symptoms (cough, shortness of breath or difficulty breathing, sore throat, congestion or runny nose, and loss of taste/smell) have improved**.

3. If you **have never had symptoms and tested positive for COVID-19**, you should:

Remain in home isolation until **10 days** have passed since the **date your first positive COVID-19 test was done**, as long as you have not started to have any symptoms since that test.

4. If you **previously had symptoms and tested positive for COVID-19, do not have symptoms now, and are being retested** at the end of the 10-day isolation period and your **repeat PCR test is positive**, you will have to **remain in isolation for 10 more days following your repeat positive test**.

In addition:

- **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.
- **Do not go to work, school or any public areas.** Have someone help you with essential tasks like grocery shopping. [Public Health Medical Absence Form \(En Español\)](#).
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people. When possible, have another member of your household care for your animals while you are sick. See [COVID-19 and Animals](#) for more information.
- **Wear a facemask** when in the same room with other people and when you visit a healthcare provider. If you do not have a facemask, you can use a bandana or scarf to cover your mouth and nose as an alternative.
- **Cover your coughs and sneezes with your elbow.** Throw used tissues in the trash.
- **Wash your hands** and avoid touching your eyes, nose, and mouth.
- **Avoid sharing household items** like dishes, cups, eating utensils, and bedding.
- **Clean and disinfect:** Routinely clean and disinfect surfaces that are touched often, like counters, tabletops, and doorknobs.