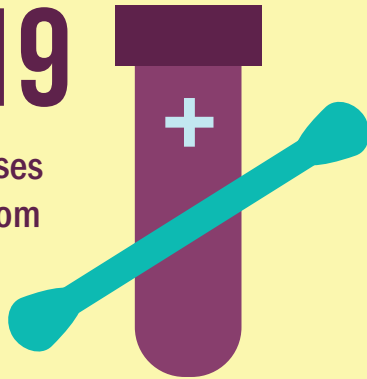


IF YOU TEST POSITIVE FOR COVID-19

With the increase in COVID-19 cases in our state, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.



DEFINITIONS

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.

ISOLATE RIGHT AWAY.

Tell all of your close contacts so they know to quarantine.

NOTIFY YOUR CLOSE CONTACTS SO THEY CAN START TO QUARANTINE THEMSELVES.

Close contacts: People who were within 6 feet or less for at least 15 minutes in a 24-hour period.

Contagious: starts 2 days before symptoms appear (or 2 days before test date if positive and no symptoms), through the end of the isolation period.

YOU CAN RESUME NORMAL ACTIVITIES WHEN...

It has been 10 days since symptoms began or, if you don't have symptoms, 10 days since your positive test date...

AND
You have been fever-free for 24 hours without taking fever-reducing medication...

AND
Other symptoms, like cough or shortness of breath, have improved.

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Quarantine for 14 days from your last contact with COVID+ person while they were considered contagious and monitor for symptoms. That means, if you live with a COVID+ person and they can't isolate away from you, your quarantine will last from the time their symptoms start (or test date, if no symptoms) until 14 days after their isolation ends. **If you develop symptoms, get tested.**

If you still have no symptoms on day 10, you may end quarantine early.* However, you should continue to monitor for symptoms daily for 4 more days.

If you need an isolation or quarantine letter for your employer, you can contact your local health department and leave a message.

*Based on individual assessment, public health may still require individuals to quarantine for the full 14 days following CDC recommendations.