

# COVID-19 Patient Guidance

If you test positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

## WHAT TO DO



### If you test positive for COVID-19 or think you may have COVID-19, self isolate

Even if you have received a vaccine for COVID-19 prevention, if you test positive for COVID-19 stay home and self-isolate for 10 days from the first day of your illness or the date you were tested. You should stay home and only leave to get medical care. You should quickly notify your contacts as described below to stop the spread of disease. You may not receive a phone call from your Local Health Department so following this guidance is extremely important.



**If you been tested, stay home while you wait for your test results** to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19. They will also tell your Local Health Department.

### You may or may not have symptoms



You may have symptoms or no symptoms at all but could still spread the COVID-19 virus to others. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If you develop symptoms and you feel you need care, contact your medical provider.



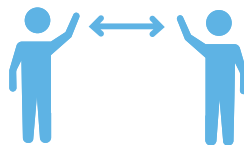
### Contact your friends, family, and your work

If you test positive, quickly tell your close contacts. This is critical to slowing the spread.

## CLOSE CONTACTS



Starting 2 Days  
Before Symptoms Began  
OR Before COVID-19 Test



Within 6 feet



For 15 Minutes  
OR MORE

- Your close contacts who are not fully vaccinated against COVID-19 should quarantine for **10 full days** if they have **NO symptoms**; quarantine may be shortened to **7 days** if they **NO symptoms** and test **negative on or after day 5 of quarantine**.
- Your close contacts who are fully-vaccinated do not need to quarantine if they have **NO symptoms** since last seeing you. They should get testing between 3-5 days after their last exposure. Learn more about the [CDC Quarantine Guidance](#).

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