You have COVID-19. Now what?

Protect your household and others by isolating at home and taking precautions to not spread the virus further.

⚠️ **If you receive a positive COVID-19 test, consult a health professional immediately on next steps.**

We are all in this together.

The pandemic will be over sooner if fears and rumors are replaced by facts, proper action, and a show of support for one another.

I just received a positive COVID-19 test. I feel so ashamed and lost. What do I do?

Do not feel ashamed. Anyone, even those most careful, can get the virus. It is incredibly contagious.

You did the right thing by getting tested.

Now, make sure to **let those you've been in contact with know that you have the virus** so that they can get tested and take precautions.

What else can I do to protect my household and community?

We can protect each other through correct and consistent mask use, and by keeping safe distances when around people who do not live in our household.

Isolate yourself at home for at least 10 days from when symptoms first appeared or since you had a positive viral test.

Avoid any proximity to others, including pets. Stay in a separate room and use a separate bathroom, if possible.

Ask friends or family to leave food and supplies outside your door.

Ensure that all shared surfaces are ① cleaned and ② disinfected frequently immediately after use, especially in bathrooms.

Follow cleaning and disinfectant product labels for proper use.

Do not share items with others, like dishes, towels, or bedding. COVID-19 may live on surfaces for days.

Rest, drink lots of fluids, and eat nutritious food to strengthen your body. Consult your traditional practitioner and health professional on remedies, medicine, and supplements, such as zinc and vitamins.

Cover your cough and sneezes with a tissue or the inside of your elbow.

Wash your hands often with soap and water or use an alcohol-based hand sanitizer, both for at least 20 seconds
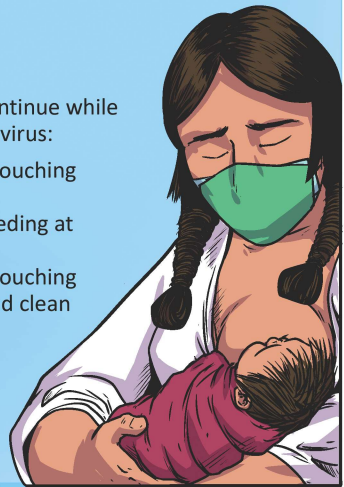
Monitor your symptoms carefully. If your symptoms get worse, call 9-1-1 immediately.

If you have a medical appointment, make sure to let them know you have COVID-19.

If **breastfeeding** you should continue while protecting your baby from the virus:

- Wash your hands before touching your baby
- Wear face masks while feeding at the breast
- Wash your hands before touching a pump or bottle parts and clean all parts after each use

Breast milk is the best source of nutrition for most infants and it provides protection against many illnesses.

COVID-19 relief support: 1.833.956.1554 or navajohopisolidarity.org
More info on COVID-19: CDC.gov/coronavirus

NAVAJO & HOPI FAMILIES COVID-19 RELIEF FUND

CATAPULTDESIGN

*Content is **not** intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.*