



Guidance Information For **COVID-19**

IF YOU TEST POSITIVE FOR COVID-19

Stay home for at least 5 days and isolate yourself from others. You are most likely infectious during the first 5 days.

HOW LONG IS THE ISOLATION PROCESS

If you have symptoms:

- Day 0 is the day you were tested (not the day you received your test results) and/or the 1st day of onset of symptoms
- Day 1 is the first full day of symptoms or the next day you tested positive
- If you develop symptoms within 10 days of when you tested, the clock restarts and day 0 on the day of symptoms onset

If you HAD symptoms:

- Day 0 of isolation is the day of onset of symptoms, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started

**If your symptoms are severe, please make contact with your local health care facility for further instructions.

HELPFUL TIPS FOR HOME

- *Stay home if you are feeling sick and wear a mask
- *Minimize contact with others
- *Do not share personal household items, like cups, towels, and utensils
- *Monitor your symptoms
- *Wash your hands. Make sure everyone in your household washes their hands well and often
- *Use a tissue or your elbow to cough or sneeze into, not your hand or into the air

POL CHR SERVICES

Laguna Community Health Center

Medication pick up - Adult products - Baby to Kid Diapers
(Call for product availability)

Medication - Vaccinations - Paxlovid - Home Test Kits
Please call to make an appointment for symptoms of
COVID-19 or Vaccinations

CONTACT NUMBERS

COVID HOTLINE: 505-328-5682

POL Contact Tracers: Audrey Creager 505-250-6792 / Raylene Day 505-290-9637

POL CHR: 505-552-6652 | POL Dispatch: 505-552-6666 | POL BHS Mental Help Hotline: 505-917-0307

Laguna Community Health Center: 505-431-0711 | ACL Clinic: 505-552-5300