





# You were just tested for COVID-19... **What's next?**



Help prevent the spread of COVID-19 in your home and community. Please follow the guidance below that applies to you.

<b>I DO NOT HAVE COVID-19 SYMPTOMS.</b>		<b>I HAVE COVID-19 SYMPTOMS.</b>
<p><b>Go directly home and QUARANTINE yourself.</b></p> <ul style="list-style-type: none"> <li>Stay home and away from others outside your household. Do not go to work or school and avoid public places.</li> <li>Quarantine for 14 days from the last day you had close contact with a person who tested positive for COVID-19.                             <ul style="list-style-type: none"> <li>If you have no symptoms, quarantine can end after <b>Day 10</b>.</li> <li>If you receive a negative COVID-19 test and have no symptoms, quarantine can end after <b>Day 7</b>. <i>Get tested within 48 hours before ending quarantine.</i></li> </ul> </li> <li>If you develop symptoms, isolate yourself.</li> </ul>	<p><b>ISOLATION</b></p>  <p><b>QUARANTINE?</b></p>	<p><b>Go directly home and ISOLATE yourself</b></p> <ul style="list-style-type: none"> <li>Stay home and away from others (including household members).</li> <li>Stay in a separate room and use a separate bathroom, if possible.</li> <li>Do not go to work, school, or public areas.</li> <li>Avoid using public transportation, ridesharing, or taxis.</li> <li>Use a grocery delivery service or ask a friend or family member to do your shopping.</li> </ul>
<p><b>Monitor your symptoms.</b></p> <ul style="list-style-type: none"> <li>Watch for fever, cough, and shortness of breath for 14 days from when you were exposed or believe you were exposed.</li> <li>Less common symptoms include headache, fatigue, body aches, sore throat, diarrhea, and loss of taste or smell.</li> </ul>	<p><b>MONITOR</b></p>  <p><b>SYMPTOMS</b></p>	<p><b>Monitor your symptoms</b></p> <ul style="list-style-type: none"> <li>Seek help if you start feeling worse (for example, you have difficulty breathing). If you need to call 9-1-1, notify them that you may have COVID-19.</li> <li>If possible, put on a face covering before emergency medical services arrive.</li> </ul>
<p><b>If you test positive for COVID-19 but have no symptoms:</b></p> <ul style="list-style-type: none"> <li>Stay home until at least 10 days have passed since you received the results of your first positive COVID-19 test, <b>AND</b> you have had no subsequent illness.</li> <li>If you develop symptoms, isolate yourself immediately and follow the instructions listed to the right.</li> </ul>	<p><b>NEXT</b></p>  <p><b>STEPS</b></p>	<p><b>You may end ISOLATION when:</b></p> <ul style="list-style-type: none"> <li>At least 24 hours have passed with no fever without using medication, <b>AND</b></li> <li>Your other symptoms have improved, <b>AND</b></li> <li>At least 10 days have passed since last contact with ill person.</li> </ul>

## **PARTICIPATE IN A PUBLIC HEALTH INTERVIEW IF CONTACTED.**

Updated 12.04.20

A public health worker will reach out to you by phone or text if you test positive for COVID-19 or if someone you know tests positive and says they were in close contact with you. The interviewer will help you understand what to do and what support is available.

For more information: [www.doh.wa.gov/coronavirus](http://www.doh.wa.gov/coronavirus)

DOH 820-106 December 2020

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email [civil.rights@doh.wa.gov](mailto:civil.rights@doh.wa.gov).

