

# My home test is positive for COVID! What do I do now?

## 1. Call your doctor to see if you need a prescription:

Medications might help, call your doctor to see if treatment is indicated for you

Treatment is available for people who are at increased risk of severe disease and have developed COVID-19 symptoms in the last 5 days, even mild ones (such as runny nose or cough). The sooner you start treatment, the better, so please call your doctor today.

## 2. Take care of yourself

Drink plenty of fluids, get plenty of rest, eat healthy foods, wash hands often, and stay home to avoid spreading the virus to other people. Over-the-counter pain relievers like Tylenol or Ibuprofen may help you feel more comfortable. Children and teens with the flu should never take aspirin, because a rare but serious disease called Reye's syndrome can occur. Do not give cough or cold medicines to children younger than 4 years of age.



## 3. Protect Others- Stay home!

- Stay away from others in your household. Wear a mask when you must be around them.
- Wash your hands often with soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.
- Clean high-touch surfaces (such as countertops, handrails, and doorknobs) often.



You should stay home and avoid being around others as much as possible. You may begin to resume normal activities with precautions if you have not had a fever for at least 24 hours without the use of fever reducing medicines AND your other symptoms are improving.



You may still be able to spread the virus that made you sick, even if you are feeling better, therefore, **For at least the first 5 days after you resume normal activities, take these extra precautions:**

- Avoid crowded indoor spaces. Wear a mask anytime you are indoors around other people
- Wash your hands often with soap and warm water. If soap and water are not available, use hand sanitizer containing at least 60% alcohol.
- Avoid spending time with people who are at increased risk for severe disease (such as elderly or immunocompromised people)

#### **4. Call your PCP (or go to urgent care if you do not have a PCP) if:**

Your symptoms are worsening, or you have persistent fever for more than 4 days



#### **Call 911 or go to the emergency room if:**

- Trouble breathing
- Persistent pain or pressure in the chest

- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone
- In children: signs of dehydration include very dry lips, not making wet diapers. Signs of trouble breathing (working really hard to breathe) which can look like head bobbing, drawing in of the skin between ribs and collarbone, belly breathing and unable to eat or drink.

