

You Tested Positive for COVID-19. Now What?



What is COVID-19?

COVID-19 (coronavirus disease 2019) is a respiratory disease that affects the lungs, and is spreading throughout the world. It can be spread from person-to-person through respiratory droplets that come from coughing or sneezing within a close distance (about six feet) from another person.

How did I get exposed to COVID-19?

You may have been exposed to COVID-19 in one or more of the following ways: by being in close contact with someone who tested positive for COVID-19; by traveling internationally or domestically; or by spending time in an area or place that has community spread, which happens when someone has been infected with COVID-19, but is unable to identify how or where exposure happened.

Why do I need to be isolated while I have COVID-19?

Isolation is a strategy that is used to help prevent the spread of infection. It simply means to separate someone who is sick from those who are not sick. Because COVID-19 can be spread from person-to-person, staying away from other people is critical to stop the virus from spreading.

What should I do while being isolated?

While you are in isolation, stay in a separate room from others and if possible, use a separate bathroom. Try to limit contact with others in your home, and practice social distancing by staying at least six feet away. If you need to be around others, wear a face mask. If contact with someone will be longer than 15 minutes, you should both wear face masks. If you need a caregiver, limit it to one person and have them practice social distancing around others in your home.

Make sure to wash dishes, clothing, and bedding often using normal washing processes. Do not share dishes, cups, utensils, towels, or bedding with pets or people during this time. Continue to practice good hygiene by covering your coughs and sneezes with a tissue or elbow and washing your hands often. You should also clean high-touch surfaces often with a disinfectant. See attached handout: "CDC Recommendations for Disinfecting."

While it may seem like there are a lot of restrictions on what you can't do during isolation, there are still many good things that you can do. For some ideas on things to do while in isolation, see the attached handout: "List of Productive Things to Do While in Isolation."

Does my family need to be quarantined?

If you have family or friends that live in your home or have been in close contact with you while you have experienced COVID-19 symptoms (e.g., fever, cough, shortness of breath, etc.), they may be required to be quarantined for at least a **14 day** period. Quarantine is a strategy that separates and restricts the movement of those who may have been exposed to a contagious disease. Those who are quarantined should stay home from work, school, religious gatherings, and other group settings (e.g., movie theaters, shopping centers, restaurants, etc.).

What does my family need to do while I'm isolated?

While you are being isolated, your family members should not use the same areas of the home that you use. Have your family members and friends practice social distancing by staying six feet away from others. You can have your family members clean other areas of the home, but you or a caregiver should clean your room and the bathroom that you are using while wearing gloves. If you need to be around others in your home and are unable to wear a mask, have your family members wear a mask. This should not be necessary though if you are practicing social distancing. Encourage those in your home to wash their hands often and to practice good hygiene.

When will my isolation end?

Public health officials will let you know when you are no longer required to be isolated. Typically, isolation will be discontinued at least 10 days after the onset of your symptoms **and** when you have been fever free for 24 hours (without using fever-reducing medication) **and** when your other symptoms have improved.

Persons who test positive but who never develop COVID-19 symptoms may discontinue isolation and other precautions 10 days after the date of their first positive test.

During your isolation, self-monitor for any changes in your symptoms:

To self-monitor, keep a daily log of your symptoms and report any changes to public health officials. This includes taking your temperature in the morning and evening (about 12 hours apart) every day and recording it on the Temperature and Symptom Monitoring Form on the following pages. Monitoring your symptoms can help public health officials know when you are no longer at risk of spreading COVID-19 to other people.

Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen (Tylenol)
- Ibuprofen (Motrin, Advil)
- Aspirin

If you forget to take your temperature, take it as soon as you remember and record it on the form. You will also be asked to report on other symptoms, such as cough and shortness of breath.

If your symptoms change or get worse:

Contact your healthcare provider, the Davis County Health Department: 801-525-5220, or the Utah Department of Health: 1-888-374-8824 immediately.

Frequently Asked Questions

What if I need immediate medical attention?

If you are ill and need medical attention, call your healthcare provider and let them know that you have tested positive for COVID-19. They will give you further instructions for how to receive care. Do not go to your healthcare provider without calling first. If you develop life-threatening symptoms, call 911 and let them know you are positive for COVID-19.

What if I don't feel sick or have any symptoms?

Even if you do not experience any symptoms, you should stay at home. **Do not** go to work, school, religious gatherings, and other group settings (e.g., movie theaters, shopping centers, restaurants, etc.), or any public area outside of your home for the required isolation period. Even if you do not have symptoms, you may still spread the virus to others. Avoid having visitors or family members who do not live with you, at your home during isolation, even if you don't have symptoms.

What should I do if I have pets or animals?

It is important to limit contact with pets and animals while in isolation. If possible, have another family member or friend take care of your pets or animals while you are sick. If that is not an option, wash your hands before and after spending time with your animals or pets.

How should I get supplies if I can't leave my house?

If you need to get groceries or other necessary supplies, consider asking a family member, neighbor, or friend who does not live with you to pick things up and drop them off at your house. You can also look into drop off or delivery services. If this is not an option, have a family member without symptoms go during off hours and wear a mask.

Utah Novel Coronavirus Temperature and Symptom Monitoring Form

| | | |
|---|-------------|-------------|
| Name: | Age (yrs): | Sex: M F |
| Street address: | City/state: | |
| Telephone number: | Case ID: | |
| Where did travel and/or contact with an ill person occur: | | |
| Date of last exposure (travel and/or contact to an ill person): | | |
| Date monitoring is completed: | | |

Instructions: Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5220, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

| Day # (from last exposure) | 1 | | 2 | | 3 | | 4 | | 5 | | 6 | | 7 | |
|----------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Date | | | | | | | | | | | | | | |
| AM or PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM |
| Temperature | | | | | | | | | | | | | | |
| Felt feverish | YN |
| Cough | YN |
| Shortness of breath | YN |

Utah Novel Coronavirus Temperature and Symptom Monitoring Form

| | | |
|---|-------------|-------------|
| Name: | Age (yrs): | Sex: M F |
| Street address: | City/state: | |
| Telephone number: | Case ID: | |
| Where did travel and/or contact with an ill person occur: | | |
| Date of last exposure (travel and/or contact to an ill person): | | |
| Date monitoring is completed: | | |

Instructions: Take your temperature orally (by mouth) twice daily, once in the morning and once in the evening, and record it on this form. If you do not have a thermometer, document whether or not you felt feverish (e.g., chills, intermittent sweats, flushing or hot skin). Mark yes (Y) or no (N) whether or not you are experiencing symptoms. Do not leave any spaces blank. If you have a fever or any symptoms listed, call your healthcare provider, Davis County Health Department at 801-525-5220, or the Utah Department of Health at 1-888-EPI-UTAH (374-8824).

| Day # (from last exposure) | 8 | | 9 | | 10 | | 11 | | 12 | | 13 | | 14 | |
|----------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Date | | | | | | | | | | | | | | |
| AM or PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM |
| Temperature | | | | | | | | | | | | | | |
| Felt feverish | YN |
| Cough | YN |
| Shortness of breath | YN |

What is contact tracing?

Contact tracing is an important part of how public health responds and stops disease outbreaks. People who have been in close contact with someone who has COVID-19 are more at risk of getting infected and making others sick. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

How does contact tracing work?

Public health workers talk to people who have COVID-19 to find out who their close contacts are. The health department calls the close contacts and actively monitors them for symptoms, or checks to see if they get sick. They may also ask them to quarantine or self-isolate. The health department gives them important information about what they need to do next. They tell close contacts where to get tested or get medical care. They also tell them what to do to keep other people from getting sick.



Active monitoring

Active-monitoring is when someone from your local health department calls or texts you one time a day to check on you and ask you how you are feeling.

Contact tracing process



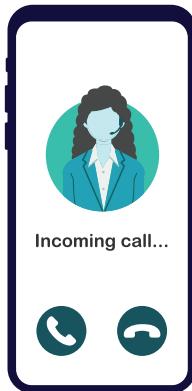
- 1 Jane and Dan were at the same birthday party.



- 2 A few days later, Dan gets symptoms of COVID-19. He gets tested. Dan tests positive for COVID-19.



- 3 The health department works with Dan to find out the places he has been and who he has spent time with.

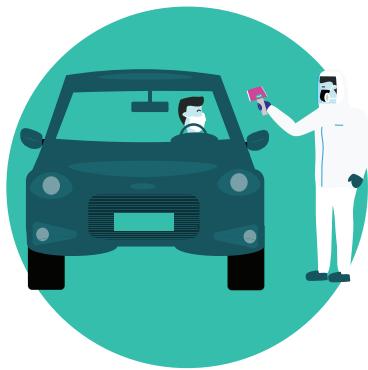


- 4 The health department calls Jane to tell her she may have been exposed to COVID-19. They tell her what she needs to do next.

What is contact tracing?

What to do if you were exposed to COVID-19

If the health department calls to tell you that you have been exposed to COVID-19, you need to quarantine. The health department may also ask you to get tested for COVID-19 even if you don't feel sick.



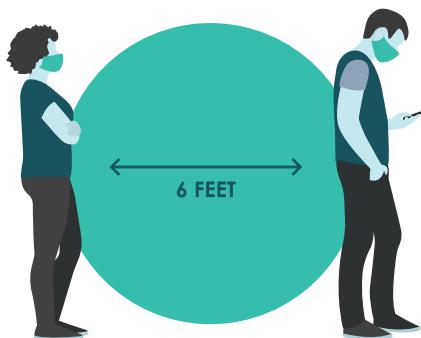
Get tested for COVID-19.



Leave your house only if you have to or to get medical care.



Limit the number of visitors to your home.



Try to stay at least 6 feet away from other people.



Clean surfaces that are touched often.



Wear a mask or face covering if you go out of your home or need to be around other people.

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation,** ride-sharing, or taxis.



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
 - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**.

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.



Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.

Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



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Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Most EPA-registered household disinfectants should be effective.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:



- **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- at least 10 days have passed since your symptoms first appeared.

- **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:

- You no longer have a fever (without the use of medicine that reduces fevers)

AND

- other symptoms have improved (for example, when your cough or shortness of breath has improved)

AND

- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

10 things you can do to manage your COVID-19 symptoms at home

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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Wear disposable gloves when cleaning and disinfecting. Gloves should be thrown away after each use.



If surfaces are dirty clean them with soap and water prior to disinfecting.



For porous surfaces like rugs, carpeted areas, and drapes, remove visible contamination if present & clean with appropriate cleaners indicated for use on these surfaces. Launder after cleaning when possible and use the warmest appropriate water setting for the item.

CDC

Recommendations for Disinfecting

HOW TO CLEAN & DISINFECT SURFACES

COVID-19 CAN REMAIN
VIABLE FOR HOURS TO DAYS
ON SURFACES



Clean and disinfect frequently touched surfaces daily. Use disinfectants appropriate for the surface.



For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
(Never mix bleach with ammonia or other disinfectants)

Always follow appropriate label instructions for safe and effective use of household cleaners and disinfectants. Make sure you have good ventilation during use of the product.

List of Productive Things to Do While in Isolation

Besides getting plenty of rest and binging Netflix, here are some ideas on staying productive while in home isolation. Adopted from the blog onesmileymonkey.com

NOTE: *Please remember the importance of separating yourself from everyone in the home, including pets.* It may be tempting to bake or try new recipes, but please refrain from activities that involve the family or take place in common areas in the home.

Additionally, focus on resting and getting well. Some of these suggestions involve some strenuous activity, which should be saved for the later days of your isolation period. Listen to your body and do only what you feel up to doing. Communicate with your doctor if you have concerns.

1. **Take an online course.** Now is a great time to learn that skill you have had no time to learn before. There are so many websites with both free and paid options, or you can simply go on YouTube and find free tutorials. So many possibilities.
2. **Spring declutter.** Staying home gives you a chance to Spring Clean at your own pace. You can start slowly, find old toys the kids don't play with anymore, donate baby books, look for things you don't use and have stored somewhere and forgotten about. Collect all unwanted items to donate and give away.
3. **Organize your closet.** Do a closet clean, check to see if you have any clothes that don't fit or you don't wear anymore. Get your spring wardrobe ready and put all your winter clothes away.
4. **Get creative.** Paint, color, or try origami. Write a song, poetry, or a short story. Maybe even try writing some jokes. Let your inner artist free.
5. **Create a photo book and organize your photos.** If you have been waiting for free time to finally organize and create photo books from your last family holiday or celebration, now is the time.
6. **Learn a new language.** Now's your chance. Try downloading Duolingo. Find a Skype video friend to practice with. Look forward to practicing it in real life when you can travel again.
7. **Deep clean your kitchen.** Organize your kitchen drawers (only if you live alone - otherwise avoid touching common-use items), clean your oven, deep clean your microwave, clean your dishwasher, move the fridge and stove and vacuum behind them.
8. **Work on your taxes.** Taxes need to get done anyway. Maybe this is a good time to organize all the receipts and get those taxes done.
9. **Start a new book series.** Do you have a book you started forever ago and never finished? How about a book series that you have always wanted to read? Join an online book club. You can get e-books from your local library or buy new books or e-books online from Amazon.

10. **Meal plan for the next two weeks.** If you usually don't have the time to sit down and meal plan, try it now. You can go online and look for new recipes, shop for ingredients online, and have all your meals for the next few weeks planned.
11. **Start a YouTube workout challenge.** No going to the gym for a few weeks? No problem. If you have a TV or laptop, even from your phone, you can start a free Youtube workout challenge to stay active from home. So many good free workouts online. If exercise is too strenuous, try yoga, stretching, or meditation.
12. **Sort, clean, and delete photos from your phone.** It takes time to go through your phone's photo folder and delete unwanted photos—the perfect thing to do right now if you have some free time.
13. **Organize your computer's desktop and files.** If your computer's desktop is filled with random files, photos and documents, take some time to go through them and organize everything. Having a clean desktop feels so good.
14. **Complete a puzzle.** That 5000-piece puzzle is calling. It can become quite addictive once you get into it. There's even online jigsaw puzzles--also crossword puzzles, word searches, and brain busters to keep your mind challenged.
15. **Clean your vehicle.** Head to the garage and clean the inside of your car, pick up all the garbage, and maybe vacuum underneath their car seats. Don't forget to sanitize all the handles, the steering wheel, and dashboard. It will feel like a brand new vehicle when you can drive it again in a couple of weeks.
16. **Give yourself a mani-pedi.** When was the last time you got a mani-pedi? Since you are not going to the salon, gather all your tools and polishes and give yourself a mani-pedi.
17. **Bring the spa home.** Give your hair a good deep-condition or do a facial mask. Break out the bath bombs you've been saving since Christmas. You deserve to be pampered. This suggestion goes for men, too!
18. **Clear your inbox.** Perfect time to go through all your emails and respond to those that have been waiting to hear from you for awhile. Get that inbox to zero and feel the satisfaction.
19. **Work on your living will and organize your affairs.** Yes, it sounds melodramatic and morbid but let's face it: This is a task many of us avoid because we never have the time. Now you do. There are online websites that can help you with this. Consider investing in a fireproof box if you don't have one. Thanks, online ordering!
20. **Update and create playlists of your favorite music.** Create a playlist of your favorite tunes and enjoy them while you work on other productive activities.
21. **Learn a new skill or hobby.** Knitting, crocheting, calligraphy, video editing, photography, wood carving.... The world is your oyster!
22. **Optimize your desk and workspace.** Is your desk a mess? Time to file and organize those bills, documents, and kids' crafts.

23. **Work on your financial planning.** After you've organized all your paperwork, you can get to creating the budget you've been meaning to. Explore refinancing or ways to save more money. There are lots of good templates on the web.
24. **Get reflective.** Make a list of things for which you are grateful or just simply journal. If you don't have a journal, this is a fun time to online shop for one you'll want to write in every day.
25. **Get handy.** Finally get around to fixing that broken door knob, loose tile, or cleaning scuffed up walls. (Do what you can without having to make the trip to Home Depot).
26. **Write letters to catch up with family and friends.** Since we won't be travelling to see friends and family for a while, writing letters and e-mails to loved ones is a lovely way to stay connected. Try sending snail mail for a change.
27. **Check your medicine cabinets for expired products.** A great time to sort through old expired products and medications. Look up nearby drop-off locations so you can dispose of medications properly once you can leave the house again.
28. **Go outside for a walk.** Don't forget to go outside and enjoy some fresh air. Find spots that are not busy and walk. We all need the fresh air and Vitamin D right now.
29. **Make a dream list.** Make lists of all the museums, sporting events, and concerts you want to visit when they finally reopen. Keep the lists going with restaurants, vacations, and trips to visit loved ones.
30. **Finally, remember to stay positive.** Time will have gone by before you know it, and you'll have an impressive list of things you were accomplish. Even if you don't get around to doing these items, you will have accomplished *overcoming COVID-19* in 2020! And that's something to be proud of.

COVID-19 antibody tests

Serology or antibody tests may be able to tell if you have been infected with the virus that causes COVID-19.

Your body makes antibodies when it fights an infection. Antibodies in your blood mean at one time you were exposed to COVID-19. Antibody tests find these antibodies in your blood and tell you if your immune system has responded to the infection.



Antibody tests may show if you have been previously infected.

A blood sample is used to find:



Develop early in an infection.



Develop later or after you've recovered.



An antibody test is different from the test in which a healthcare worker uses a nasal swab to collect a sample from your throat, behind your nose. This test is called a PCR test. A PCR test tells you if you are sick with COVID-19 right now.

Where can I get an antibody test?

Right now, you will need to ask your healthcare provider to order an antibody test. There may be a cost to you and your health insurance for this test. Ask your health insurance provider what the cost will be.

| What does a positive antibody test result mean? | What does a negative antibody test result mean? |
|--|---|
| <ol style="list-style-type: none">If an antibody test is positive and shows antibodies are in your blood, you were likely infected with COVID-19.This does not guarantee you have immunity to the virus.It is important to still practice social distancing. | <ol style="list-style-type: none">If an antibody test is negative and shows no antibodies in your blood, you were likely not infected with COVID-19.You may have been tested early in your infection, or your body has not made enough antibodies to be detected.It is important to still practice social distancing. |

If you get sick with symptoms of COVID-19 (like a fever, cough, shortness of breath, muscle aches, sore throat, or a decrease in your sense of smell or taste), you may need to be tested for COVID-19 with a PCR test. A PCR test is done by a healthcare worker who uses a nasal swab. Call a healthcare provider or visit www.coronavirus.utah.gov/testing-locations/.