

# COVID POSITIVE. NOW WHAT?

You have COVID-19 symptoms or tested positive for COVID-19. You can protect your friends and loved ones from getting sick too.

1. **Isolate from everyone.**
2. **Tell your close contacts to quarantine.**

Reach out to your close contacts. Tell them to self-quarantine *immediately* to protect others and limit the spread of sickness.

## You have COVID-19 and need to **self-isolate**. What does this mean?

You should avoid all contact with other people and stay in a part of your house separate from everyone you live with.

You can be “released from isolation” when:

- It has been at least 10 days since symptoms first appeared
- **AND** you have had no fever for at least 24 hours without fever-reducing medicine
- **AND** all other symptoms have improved.



### Who is a close contact?

Your close contacts are people who came within 6 feet of you for a total of 15 minutes or more within 24 hours while you were infectious. This may include household members, close friends, coworkers, and others who you have been close to while infected.

This does NOT include people you had passing contact with. (such as in a store, at a drive thru window, or while jogging)

## Close contacts must **self-quarantine**. What does this mean?

Stay home for 14 days from the date of the last contact with a person who has symptoms or tested positive for COVID-19. While self-quarantined, monitor for symptoms and stay separated from other people in the household to prevent exposing them.

Not everyone who has been close to someone with COVID-19 will be infected. When people self-quarantine they limit the chance they will spread the disease if they are infected but are not sick or symptomatic.



**It is very important that you self-isolate and inform your close contacts to self-quarantine.** Your health and the health of others depends on it. Thank you for your cooperation and help during this public health emergency! Read on for more information.

# COVID POSITIVE. STOP THE SPREAD.

## Who are my close contacts?

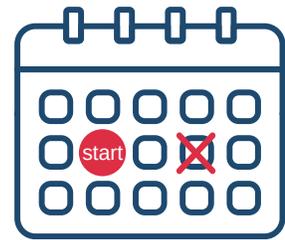
If you test positive and are diagnosed with COVID-19, you will need to talk to each person you've potentially exposed to the virus and tell them to self-quarantine. This form can help you think about people you have recently been around.

### How to find your close contacts and tell them what to do.



#### **Step 1 Find the first day you felt sick on your calendar.**

Find the day you first felt sick or noticed something was off, even if it was very mild (such as: you felt overly tired, had a scratchy throat, etc.). Mark it with an **X**. Then mark the date that is **48 hours (2 days) before** the day you first felt sick. This virus can spread for several days BEFORE illness.



#### **Step 2 Find the dates you were infectious.**

Start 48 hours (2 days) *before* the day you first felt sick. End with the current day if you are still feeling sick *or* end 24 hours *after* you felt better. This is the period when you are most likely to have been spreading COVID-19 to others.

**Questions to help you remember your close contacts.**



#### **On the dates you were infectious, did you...**

- Go to work or school?
- Get together with others? (ate out at a restaurant, went out for drinks, exercised with others or went to a gym, had friends or family over to your house, volunteered, went to a party, or a park, attended a special event)
- Spend time inside a church, synagogue, mosque or other places of worship?
- Go to in-person appointments? (salon, barber, doctor's or dentist's office)
- Ride in a car with others or used public transportation?

# COVID POSITIVE. STOP THE SPREAD.

## Who are my close contacts?

### **Step 3 Make your close contacts list.**

Write down every person you were...

- within 6 feet of
- for a total of 15 minutes

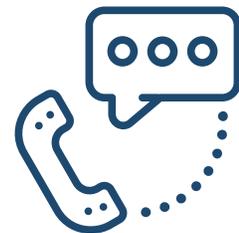
on any of the days you were infectious (could have been spreading COVID-19). These are your close contacts. Note the date you saw them and where.

## My Close Contact List

Name	Phone Number	Date last saw them	Place last saw them
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### **Step 4 Call each person on your list NOW!**

Share the information in this packet to help your close contacts understand quarantine. **Tell all of your close contacts that they have been exposed to COVID-19 and must self-quarantine.**



 If one of your close contacts is a healthcare worker, or if one of your close contacts is ill, tell them to reach out to the local health department.

**It is up to you! The local health department may not call your contacts because of the high number of cases in the area.**

If they do call, you will be ready to answer their questions quickly.

# COVID POSITIVE? **STOP THE SPREAD.**

## What do I tell my close contacts?

**When you find your close contacts, what should you tell them?**

### How to **self-quarantine**:

- ➔ **Stay home and don't host visitors for 14 days from the date of last contact with any COVID positive person.**

It can take 14 days for an infected person to test positive after they are exposed. You cannot test out of quarantine with a negative COVID-19 test.

- ➔ **Watch for the symptoms of COVID-19.**

Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- ➔ **Wear a mask and stay 6 feet from people you live with to prevent exposing them.**

NOT everyone who has been close to someone with COVID-19 will develop COVID-19. When people self-quarantine they limit the chance they will spread the disease if they are infected but do not feel sick or are not symptomatic.

### **Find more information on quarantine AND isolation at these websites:**

[www.cdc.gov](http://www.cdc.gov)

[www.dhhs.ne.gov/coronavirus](http://www.dhhs.ne.gov/coronavirus)

[www.nalhd.org/about-us/nebraska-local-health-departments](http://www.nalhd.org/about-us/nebraska-local-health-departments)

### **I feel sick and need help. What should I do if I am self-isolating or self-quarantining?**



Call your doctor, tell them about your symptoms and ask them what to do. **DO NOT** show up at their clinic before calling them.

If you have a medical emergency and need to call 911, tell them that you have COVID-19 symptoms. If possible, put on a facemask that covers your nose and mouth before emergency medical services arrive.