

What to do if you have confirmed or suspected COVID-19.

Introduction

If you test positive for COVID-19 or get sick after you are exposed to someone with COVID-19, you can help stop the spread of COVID-19 to others. Please follow the guidance below.

Symptoms of COVID-19

Common symptoms are fever, cough, and shortness of breath. Other symptoms may include chills, muscle pain, headache, sore throat, fatigue, congestion, runny nose, nausea, vomiting, diarrhea or new loss of taste or smell. If you were exposed to someone who tested positive for COVID-19 and you have these symptoms, you might have COVID-19. Contact your healthcare provider or your local health jurisdiction for a COVID-19 test.

Participate in a public health interview

An interviewer from public health will contact you if you test positive for COVID-19, usually by phone. The interviewer will help you understand what to do next and what support is available.

The interviewer will:

- Ask for the names and contact information of people you have had close contact with recently. They ask for this information so they can notify people who may have been exposed.

The interviewer will not:

- share your name with your close contacts.

Stay home except to get medical care

You should stay home except to get medical care.

- Do not go to work, school, or public areas.
- Avoid using public transportation, ridesharing, or taxis.
- Ask others to do your shopping or use a grocery delivery service.
- Call before you go to the doctor
 - Tell your health care provider you have COVID-19 or are being evaluated for COVID-19. Put on a face covering before you enter the building. These steps will help keep people in the office or waiting room from getting sick. Isolate yourself from people and animals in your home

How long do I need to isolate myself?

If you have confirmed or suspected COVID-19 and have symptoms, you can stop your home isolation when:

- You've been fever-free for at least 24 hours without the use of fever-reducing medication **AND**
- Your symptoms have gotten better **AND**
- At least 10 days have gone by since your symptoms first appeared.

If you tested positive for COVID-19, but have not had any symptoms, you can stop your home isolation when:

- At least 10 days have gone by since the date of your first positive COVID-19 test **AND**
- You have not gotten sick with COVID-19.

People: As much as possible, stay in a specific room away from other people and use a separate bathroom if available.

Animals: Limit contact with pets and other animals. If possible, have a member of your household care for them. If you must care for an animal, wear a face covering and wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

Monitor your symptoms

Get medical help right away if your symptoms get worse. Before you get care, call your health care provider and tell them that you have COVID-19 symptoms. Put on a face covering before you enter the healthcare facility to protect others in the waiting room and exam rooms. If you have a medical emergency and need to call 911, tell the dispatch staff that you have COVID-19 symptoms. If possible, put on a face covering before emergency services arrive.

How can I keep my community safe if I'm sick?

- It is important to wear a mask in all public settings combined with continued implementation of effective public health measures such as vaccination, physical distancing, hand hygiene, and isolation and quarantine.
- Stay home while contagious or sick
- Maintain 6 feet of physical distance from others at all times, even if using a mask.
- Clean your hands often. Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Do not touch your face with unwashed hands.
- Cover your coughs and sneezes. Throw used tissues away and wash your hands.
- Clean "high-touch" surfaces frequently, like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe and follow the directions on the label.
- Don't share personal items with anyone, including dishes, drinking glasses, cups, eating utensils, towels, or bedding with people or pets in your home.

Please reach out to our COVID-19 Resource Center at the number below with any additional questions.

(360) 964-1850

Mon-Fri 8:30 AM – 4:00 PM

Email: Covid19@co.grays-harbor.wa.us

Visit our Website: <http://www.healthygh.org/directory/covid19/>

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