What to Do If You Test Positive for COVID-19

Ask about treatment

Call a health care provider to ask about treatment for COVID-19 **if you have any symptoms. DO NOT WAIT. Early treatment can help keep you from getting really sick and going to the hospital, especially if you have high-risk conditions.**

- You can visit a Test to Treat location (even if you do not have health insurance or a primary health care provider) to get rapid testing and to find out if treatment is right for you. Bring a list of your daily medications.

Call the National Hotline at 1-800-232-0233 (TTY 1-888-720-7489) for help with vaccines, tests, treatments, masks, and the latest COVID-19 information. Help is available in English, Spanish, and over 150 other languages.*

Stay home for at least 5 days** (isolate)

Stay in a room away from other people in your home, to keep them from getting sick. Do not go to school or work or visit public places except for getting medical care. Wear a well-fitting mask around others for a total of 10 days, especially indoors, to protect others. **Isolation can end after**:

- At least 5 days have passed since you started to feel sick or your test was positive AND
- 24 hours has passed with no fever without the help of medications AND
- Your symptoms are getting better AND
- You take an antigen test (like an at-home test) on Day 5** or later and the result is **negative**.

If you do not test, stay in isolation for at least 10 days.** You can leave isolation after 10 days even if you don't have a negative test if your symptoms are getting better.

Let people know

You can spread COVID-19 to other people starting 2 days before you start to feel sick or get a positive test result. People who were in the same room with you for more than 15 minutes during this time may have been exposed. Call, text, or email them to let them know, or tell them (without using your name) using tellyourcontacts.org. If you have CA Notify on your phone, report your test so it can warn people you may have exposed. Tell people who were exposed to visit What to Do If You Are Exposed to COVID-19.

Watch for symptoms and take care of yourself

- Rest and drink plenty of fluids.
- Over-the-counter (OTC) medicines can help you feel better, but do not cure COVID-19 or stop you from spreading it to others.
- For help finding resources to support you during isolation, call 2-1-1, or visit www.211.org.

*Disability Information and Access Line (DIAL) can help people with disabilities. Call 1-888-677-1199 or email DIAL@usaginganddisability.org.

** Day 0 is the first day of symptoms (or the positive test if you never get symptoms). Day 1 is the day after.

Seek emergency medical care immediately or CALL 911 if you have:

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion**
- **An inability to wake or stay awake**
- **Pale, gray or blue-colored skin, lips or nail beds (depending on skin tone)**

Please call a health care provider for any other symptoms that are severe or concerning to you.

Scan the QR code to see interactive links on this flyer.