



Clallam County Department of Health and Human Services

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CLALLAM COUNTY PUBLIC HEALTH GUIDANCE

I TESTED POSITIVE FOR COVID-19! WHAT DO I DO?

- ❖ **Stay home.** Do not go to work or school, or visit with others outside your home for 10 days. The 10 day clock starts from when your first symptoms started or when you tested positive if you have no symptoms. You can get contactless groceries or go for a walk or a run outside but you cannot be around others for 10 days.
- ❖ **Isolate yourself from others in your home.** Try as much as possible to stay in a separate room and use a separate bathroom if available. Use shared spaces like the kitchen at different times than others. Wear a mask whenever you are around others or in shared spaces.
- ❖ **Notify the people you've been around.** You are contagious for COVID-19 from 2 days before your symptoms start (or your test was done if you have no symptoms) to 10 days after. You will need to notify the people you were around during that time, including the people you live with, your employer or school, and anyone else that you were in close contact with for 15 minutes or more. Those people who were around you will need to get tested 5-7 days after contact or as soon as they become symptomatic. If they are unvaccinated, they will need to quarantine at home for 10 days from the last time they were around you, even if their initial test is negative.
- ❖ **Participate in an interview.** You will be receiving a call from a contact tracer working for the department of public health. Please answer or return this call, as the

information you give is extremely important to stop the spread of COVID-19 in our community.

- ❖ **Monitor your symptoms.** Contact your primary care provider if you are having trouble managing your symptoms at home. Get medical help immediately if you are having trouble breathing.