



**Fayette County
Public Health**

Prevent. Promote. Protect.

You've Tested Positive For COVID-19

What are your next steps?

Most people who have COVID-19 have mild illness and are able to recover at home without medical care. Follow the steps below to care for yourself and to help protect other people in your home and your community.

- **Stay Home Except to Get Medical Care.** Do not visit public areas. If you must visit a medical provider, call ahead and let them know you are positive for COVID-19.
- **Monitor your symptoms.** Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.
- **Follow care instructions from your healthcare provider and local health department.** Stay in touch with your doctor.
- **Get rest and stay hydrated.** Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Separate yourself from other people.** As much as possible, stay in a specific room and away from other people and pets in your home.
- **Cover your coughs and sneezes.** Cover coughs and sneezes with a tissue or use the inside of your elbow.
- **Clean your hands often.** 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.
- **Avoid sharing personal household items.** Avoid sharing items with other people in your household (such as dishes, towels, and bedding).
- **Clean all high-touch surfaces every day.** Clean surfaces that are touched often, like counters, tabletops and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- **Wear a mask over your nose and mouth.** Wear a mask if you must be around other people or animals, including pets (even at home). You don't need to wear the mask if you are alone. If you can't put on a mask (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. Masks should NOT be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.

(see other side)

When to Seek Emergency Medical Attention

- Look for emergency warning signs for COVID-19. If you are showing any of these signs, seek emergency medical care immediately:
- Trouble breathing, persistent pain or pressure in the chest, new confusion, bluish lips or face, inability to wake or stay awake. *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

If you test negative for COVID-19

- You probably were not infected at the time your sample was collected.
- However, that does not mean you will not get sick
- It is possible that you were very early in your infection when your sample was collected and that you could test positive later.

Source: Centers for Disease Control and Prevention (CDC)

For more information, visit:

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/10Things.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/What-Your-Test-Results-Mean.pdf>

<http://faycohd.org/covidfaq/>