I HAVE A POSITIVE COVID-19 TEST
WHAT DO I DO NOW?

We are very sorry to hear that you are sick/infected with COVID-19. Here are steps to help you manage through your illness.

FIRST:
☐ What is the date when you first had symptoms: _________________________?
OR
☐ Had no symptoms? What is the date of your positive test: ____________________?

• Now get a calendar and count off the next 10 days from symptom onset or date of positive test. (For example: date of symptom onset or date of positive test was August 1, 2021. That is Day 0. So, 10 days of isolation is through August 11, 2021).

• Write down the date which is 10 days after the date of symptom onset or date of positive test: ____________________.

SECOND:
• If not at home, go home immediately.
• If you work or go to school, notify your employer or your school.
• Isolate at home for 10 days as calculated above.
• Do not leave home unless it is to seek medical care. Wear a mask when leaving your home. Notify your doctor’s office, in advance, that you have COVID-19 and need medical care.
• Separate yourself from other people in your household as much as possible, such as staying in a specific room. Use a separate bathroom, if possible. Minimize, as much as possible, who in your household must interact with you.
• If you have a serious chronic medical condition, you may be at risk for more severe illness from COVID-19. Your doctor should know you have the virus. Please call right away for additional guidance.
• You may return to work/school on Day 11, if you have been fever-free for 24 hours and your symptoms are improving.

THIRD:
• Back up two days from the date you first had symptoms or date of positive test. (For example: Date of symptom onset or date of positive test was August 1, 2021. Two days previous is July 30, 2021.) Two days previous is: ____________________.

• Write down the names of the people you have had close contact in the two previous days up until the time you entered isolation. Close contact is within 6 feet of you for a cumulative 15 minutes or more over a 24-hour period (i.e. three 5-minute exposures for total of 15 minutes).
• Call or email the people on your list of close contacts OR visit https://tellyourcontacts.org/ to send text or email.
• Also, you can direct them to the http://jefferson.floridahealth.gov/ web site to find instructions for close contacts:
  o I am unvaccinated.
  o I am fully vaccinated. (two or more weeks after a 2-dose series or a 1-dose series) OR
  o I have had COVID-19 in the last 90 days.

If you have any questions, you may call the health department at (850) 342-0170, press 1 for the COVID-19 hotline.

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