

# You've Tested POSITIVE for COVID-19.

## What Should You Do?

### What to do if you tested positive for COVID-19:

	Self-isolation is mandatory by order of the Georgia Department of Public Health. Stay home except to get medical care. <a href="https://dph.georgia.gov/isolation-contact">https://dph.georgia.gov/isolation-contact</a>
	<a href="#">Make a list</a> of everyone that you have come in close contact (within 6 ft for 15 minutes or more) with from 2 days before symptom onset.
	Notify contacts of your illness and ask them to participate in contact tracing <a href="https://dph.georgia.gov/contact">https://dph.georgia.gov/contact</a>
	Monitor your symptoms. If you have any of the following symptoms, seek emergency medical care immediately: <ul style="list-style-type: none"><li>• Trouble breathing</li><li>• Persistent pain or pressure in the chest</li><li>• New confusion</li><li>• Inability to wake or stay awake</li><li>• Bluish lips or face</li></ul>
	Wash hands often with soap and water for at least 20 seconds. <i>If handwashing with soap is not possible, use alcohol-based sanitizer with at least 60% alcohol to thoroughly cover all surfaces of your hands, then rub until they feel dry.</i>
	Stay in a separate room from other household members, if possible.
	Use a separate bathroom, if possible.
	Avoid contact with other members of the household and pets.
	Avoid sharing personal household items, like cups, towels, and utensils.
	Wear a cloth face covering when around other people (even at home), if able.
	Clean "high-touch" surfaces frequently.
	If you have a medical emergency, call 911. Notify emergency services that you have COVID-19 infection. Put on a facemask if possible before emergency services arrive.

### Discontinuing isolation if you HAD symptoms:

	You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
	Other symptoms have improved (for example, when your cough or shortness of breath have improved)
	AND at least 10 days have passed since your symptoms first appeared

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\*All 3 conditions above must be met.

**Discontinuing isolation if you HAVE NOT HAD symptoms:**

	10 days have passed since the date of your first positive COVID-19
	You have had no subsequent illness.

\*Both conditions above must be met.

[You've Tested Positive: What should you do?](#)

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