

WHAT TO DO IF YOU HAVE COVID-19



If you test positive for or suspect you have COVID-19, follow the steps below to keep you, your loved ones, and your community safe.



1. KNOW WHEN YOU ARE CONTAGIOUS TO OTHERS

People with COVID-19 symptoms are most contagious 2-3 days after symptoms begin, but you are contagious in the 2 days before developing symptoms and for up to 10 days after symptoms start. People who test positive for COVID-19 but do not have symptoms can still spread the virus and are considered contagious 2 days before a positive test sample was collected and for up to 10 days after. To isolate:

- Stay home, avoid contact with other members of your household and pets, and do not share items.
- Wear a well-fitted mask if you need to be around others.

2. NOTIFY PEOPLE YOU HAD CLOSE CONTACT WITH WHILE YOU MIGHT HAVE BEEN CONTAGIOUS

If someone was 6 feet or less from you for a total of 15 minutes over a 24-hour period, they are considered a close contact. Tell each of them that you are sick as soon as possible and recommend that they:

- Quarantine at home for a full 5 days if they are not Up to Date on COVID-19 vaccinations including boosters when eligible or have not had COVID-19 within the last 90 days.
- Get tested after 5 days
- Monitor for symptoms and get tested immediately if symptoms develop
- [Visit KDHE's Close Contacts web page](#)

3. MONITOR YOUR SYMPTOMS

Seek medical attention immediately if you are experiencing any of the following symptoms:

- Trouble breathing
- Persistent pain or pressure in your chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

4. ISOLATE AT HOME FOR AT LEAST 5 DAYS

For those who have tested positive and have symptoms	For those who have tested positive and do not have symptoms
<p>If symptoms have improved after 5 days AND you have been fever-free for at least 24 hours:</p> <ul style="list-style-type: none">• You may leave your house but should continue to wear a well-fitted mask for 5 more days when around others. If you cannot mask, continue to isolate for 5 additional days <p>If symptoms have not improved:</p> <ul style="list-style-type: none">• Continue to isolate for an additional 5 days <p>If you were severely ill or are immunocompromised:</p> <ul style="list-style-type: none">• Isolate at home for at least 10 days, potentially up to 20 days. Consult your doctor before ending isolation	<p>If you develop symptoms while isolating:</p> <ul style="list-style-type: none">• Begin a new home isolation period based on the day your symptoms start and follow the instructions for those with symptoms <p>If you have not developed symptoms after 5 days:</p> <ul style="list-style-type: none">• You may leave your house but should continue to wear a well-fitted mask for 5 more days. If you cannot mask, continue to isolate at home for 5 additional days

5. ADDITIONAL PRECAUTIONS UNTIL DAY 10: AVOID TRAVEL AND BEING AROUND PEOPLE WHO ARE AT HIGH RISK FOR DEVELOPING SEVERE DISEASE.

FOR SPECIFIC INFORMATION ON THE BEST TREATMENT COURSE FOR YOU, PLEASE CONSULT YOUR DOCTOR.