I tested positive for COVID-19, what should I do?

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Separate from others in your household. Try to stay in a specific "sick room" or area and use a separate bathroom if you have one. If you have to leave your room to go to the bathroom, wear a well-fitting mask and avoid being around others.

If you have MyChart, use MyChart to message your provider and report your positive test. If you don't have My Chart, call us. You should also report your positive test to the department of health or your county of residence following the instructions on the label of your kit.

Inform others you have been in contact with since the day you believe you got infected so that they can inform others and get care, as well.

What should I do while I am isolating at home?

- Monitor your symptoms. If you develop any of the following symptoms, seek emergency medical care immediately:

  - 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

- 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

- Don't share personal household items, like cups, towels, and utensils

- If you leave your separate room or area, wear a well-fitting mask and avoid being around other people

Who needs to isolate?

If you have confirmed COVID-19 or are showing symptoms of COVID-19, you need to isolate regardless of your vaccination status. This includes:

- If you have a positive test result for COVID-19, regardless of whether or not you have symptoms

- If you have symptoms of COVID-19, even if you are waiting for test results or have not been tested

- If you have symptoms of COVID-19, even if you don't know if you have been in close contact with someone with COVID-19

How long should I isolate?

The number of days you need to isolate depends on your symptoms and your medical conditions. For CDC guidelines on isolating, visit **https://www.cdc.gov/coronavirus/2019-ncov/ your-health/quarantine-isolation.html.**

If you have any other questions, talk to your primary care provider.