I tested positive for COVID-19. Now what?

Care Connect Washington
Supporting people who stay home to stop COVID-19

CHELAN-DOUGLAS HEALTH DISTRICT

Many people who test positive for COVID-19 may have mild symptoms or no symptoms at all. Even if you're vaccinated, it is still important to keep away from other people for **five days**, even those in your household, so that you don't spread the virus to others.

Here are some ways you can take care of yourself:

Stay at home.

Avoid going to public spaces. Have a family member or neighbor bring you groceries and medicine.
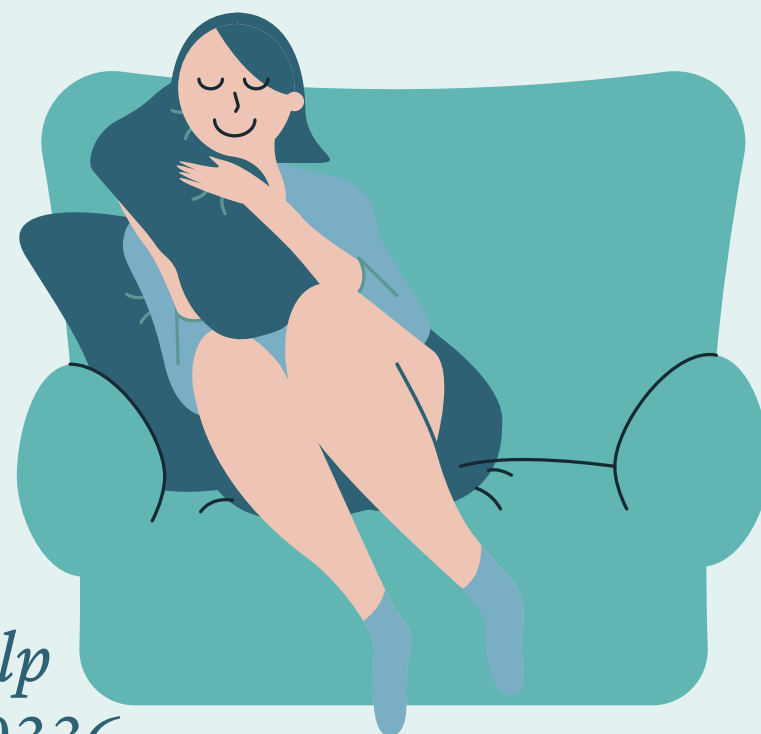
If you cannot stay home or need help getting groceries, call 1-833-453-0336

Drink fluids.

Stay hydrated by drinking water or hot tea with lemon and honey to ease sore throat and cough. Avoid soda and coffee.

Eat healthy meals.

Even if you're not hungry, try small meals with lots of fruits and vegetables. Avoid fried and salty foods.

Vitamin C, Vitamin D, and Zinc are all important for a strong immune system.

Rest and nap.

Stay in a separate area away from others, if you can.

Wipe down bathroom and kitchen surfaces before others in your household use them. Wear a mask when you are in shared areas in your house.
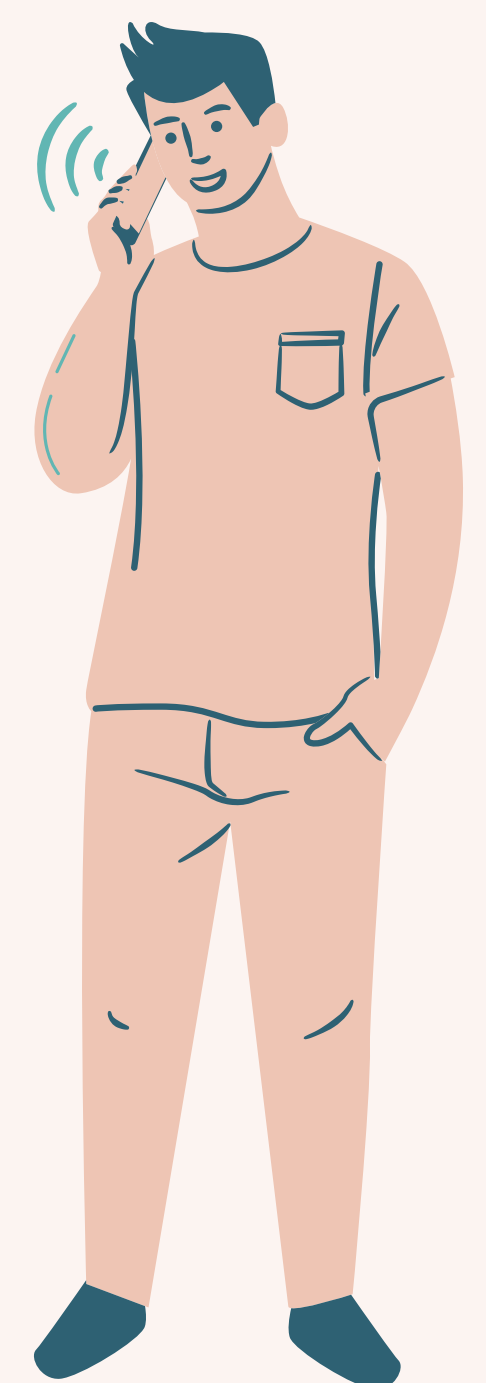
Sit up and take deep breaths.

Keep your lungs open by taking deep breaths several times each hour. Sit up or walk slowly. Sit outside to get fresh air and sunshine.

Call 9-1-1 if your symptoms get worse.

If it becomes very difficult to breathe or you have intense chest pain or a high fever, you should call 9-1-1. The operator can help you get medical care.

If needed:

Tylenol or Ibuprofen can relieve mild headache or body aches.

How Long?
- Plan to stay at home and away from others for **5 days** since your symptoms began. If you still have a fever after 5 days, stay home until your fever goes away.
- If you have no symptoms, stay home for **5 days** from the date of your positive test

* If you need help getting groceries or other supplies, please call 1-833-453-0336.

Source • Centers for Disease Control and Prevention (cdc.gov) and Scripps Clinic (scripps.org)