

I tested positive for COVID-19. Now what?

You have tested positive for COVID-19. You will need to stay in your home until you are well. This is called “isolation”. When you may leave your home depends on your symptoms and test results.



How long do I need to stay at home?

Stay home for at least 5 days, even if you've been vaccinated.



What if I don't feel sick?

You still need to stay home. If you start to feel sick, you'll need to restart your isolation from when your symptoms started.

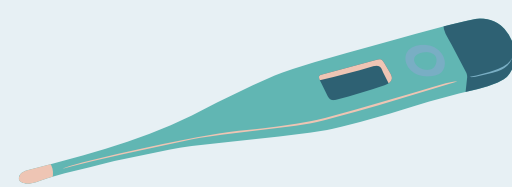


You can leave your home after 5 days IF:



- An antigen test collected 5 to 9 days after your symptoms began (or you tested positive if you never had symptoms) is negative; **and**
- You have no symptoms, or your symptoms are getting better; **and**
- You haven't had a fever for 24 hours without taking fever-reducing medication; **and**
- *You wear a well fitted mask around others through day 10.*

You can leave your home after 10 days IF:



- You have no symptoms, or your symptoms are getting better; **and**
- You haven't had a fever for 24 hours without taking fever-reducing medication.
- Repeat testing is *not* needed to leave your home after day 10.

What should I tell my employer?

Please tell your employer that you have tested positive for COVID and will need to stay home for at least five days. If you used a home test and your employer requires verification of your test result, you can use the home test self-attestation letter found [here](#). If your employer requests confirmation that you have completed the isolation period, please complete self-attestation form [here](#).



What else can I do to protect my family and my community?

- Protect your community:
 - Tell anyone you spent time around (within 6 ft for 15 min. or more over 24 hours) the two days before you started to feel sick up until you tested positive, or the two days before you tested positive, that they may have been exposed to COVID. They should follow this [quarantine guidance](#).
 - Stay home except to see your doctor. Reschedule any non-essential healthcare appointments .
 - Do not go to work or school.
 - Do not use public transportation (like Yolo Bus, Taxi, Uber, Lyft) and do not travel. Do not go to the movies, out to eat, to church, to a shopping mall or any place where lots of people may gather.
- Protect your family:
 - Stay in your own room and use your own bathroom, if you can. Wear a mask in any common areas.
 - Cover your coughs and sneezes, use tissues, and throw them away immediately.
 - You and your family should wash hands frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.



What should I tell my children's school?

Please tell your children's school that they have been exposed to COVID at home. If your children are not up-to-date on their vaccine, they will need to stay home during the entire isolation period (5-10 days, depending on if you test negative before Day 10), and then stay home for five more days after your isolation ends.

If you have any concerns or questions, please call your primary care doctor first. You can also call the Yolo County COVID-19 Response Operations Center Line at: (833)965-6268 (833-YOLOCOV).