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.
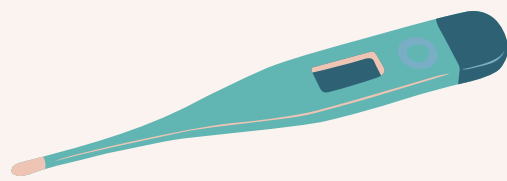
How long do I need to stay at home?

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

You can leave your home after 5 days IF:

- You have no symptoms, or your symptoms are mild and getting better; **and**
- You haven't had a fever for 24 hours without taking fever-reducing medication (like Tylenol or Ibuprofen)
- If you still have a fever after 5 days, continue staying home until 24 hours after your fever resolves
- If you have symptoms, other than a fever, that are not getting better after 5 days, stay home until you feel better or for at least 10 days

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.

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.

Is there medicine for COVID-19?

Yes! Safe and effective treatment is available for free if you feel sick, even if your symptoms are mild. Treatments can help keep you out of the hospital and help you recover faster if you take them right away. If you have COVID-19 symptoms, talk to a health care provider right away or go https://sesamecare.com/covidca or call 833-686-5051 for free telehealth services.

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

Protect your community:

- Wear a well-fitting mask when you're around other people for at least 10 days
- Tell anyone you spent time around (in a shared indoor space 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.
- **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 there are lots of people.

Protect your family:

- Stay in your own room and use your own bathroom, if you can. **Wear a mask** in any common areas.
- Make sure your family is up to date with their COVID **vaccines and boosters.**
- You and your family should **wash hands** frequently using soap and water for at least 20 seconds or use an alcohol-based hand sanitizer.