



The COVID-19 virus is highly contagious. If you've been diagnosed with COVID-19, either through a positive PCR or rapid antigen test, please take the following steps to avoid infecting others. Find more info at [www.winnebagopublichealth.org](http://www.winnebagopublichealth.org).

If you test positive, you may receive a phone call from the health department. Our COVID-19 hotline staff is also available at 920-232-3026, Monday through Friday, 8:00 a.m. to 4:30 p.m., to answer any questions you may have. To view this letter in Spanish, please visit <https://wchd.pub/positivespanish>.

### **NEXT STEPS AFTER A POSITIVE COVID-19 TEST**

- **Take steps to prevent others from getting sick.**
  - Stay home. Separate from other people and pets in your home. If possible, use a separate bathroom.
  - Avoid sharing personal items, such as towels, computers, remote controls and dishes.
  - Wear a face mask if you have to be around other people, even in your home.
  - Cover your coughs and sneezes with a tissue or your arm/elbow.
  - Wash your hands often.
  - Clean common surfaces (doorknobs, light switches, countertops) at least every day.
- **Call your doctor.** Contact your healthcare provider to tell them you have COVID-19. Your provider knows your medical history and can give appropriate advice that considers your personal health situation and risks. If you don't have a healthcare provider, contact your health insurance company or call 211 to find other healthcare options.
- **Monitor your health.** Monitor closely for concerning symptoms. Call 911 if you notice any of the following:
  - Trouble breathing
  - Persistent pain or pressure in your chest
  - Confusion or inability to rouse/wake up
  - Pale, grey or blue-colored skin, lips, face or nail beds, depending on skin tone.
  - Talk with your doctor or call 911 if you have any other symptoms that are severe or concerning.
- **Isolate.** Stay home and separate from other people and pets in your home to avoid infecting others. This is called "isolation." Find more information on isolation at <https://wchd.pub/isolationquarantine>. If you are unable to isolate at home, away from others, call our COVID-19 hotline at 920-232-3026 for options.
  - **Calculate your isolation period.**
    - **If you HAD SYMPTOMS of COVID-19**, you can end your isolation and be around others when you meet the following conditions:
      - ✓ You are fever-free for at least 24 hours without using fever-reducing medications;
      - ✓ AND other symptoms have largely resolved;
      - ✓ AND at least 5 days have passed since your symptoms started.
      - ✓ Continue to wear a mask around others for an **additional 5 days** after isolation ends. If you are unable to wear a mask when around others, you must continue to isolate for a full 10 days.
    - **If you DID NOT DEVELOP SYMPTOMS of COVID-19** but received a positive test result, you can end your isolation and be around others when you meet the following conditions:
      - ✓ 5 days have passed after your test was taken.
      - ✓ Continue to wear a mask around others for an **additional 5 days** after isolation ends. If you are unable to wear a mask when around others, you must continue to isolate for a full 10 days.

✓ *Please note: If you develop symptoms at any point, even after you get tested, you need to restart your isolation period. You can end your isolation if you are fever-free for 24 hours, symptoms have largely resolved, and at least 5 days have passed since symptoms began.*

➤ The day you got tested or the day symptoms started is NOT included when calculating your 5 days.

✓ Example: Test date or symptom onset date = September 1 (Day 0)

✓ Day 1 = September 2

✓ On September 7, you have completed 5 days of isolation and can be around others IF you are feeling well and wear a mask for 5 additional days. If you are unable to wear a mask when around others, you must continue to isolate for a full 10 days.



- **Tell your close contacts.** Notifying your own close contacts of their exposure to COVID-19 can help limit spread of the virus. The sooner your contacts are alerted, the more we can prevent the spread of the virus.
  - If you **never had symptoms**, you were still able to spread COVID-19 starting 2 days before your test date. Notify anyone you had close contact with 2 days before your test date through the end of your isolation.
  - If you **had symptoms**, notify anyone you had close contact with up to 2 days prior to developing symptoms through the end of your isolation.
  - **Close contact is defined as any of the following:**
    - Living with or spent the night with someone
    - Being within 6 feet of someone for 15 minutes total in a day
    - Direct physical contact (example: hug, kiss, handshake)
    - Contact with respiratory secretions (example: cough, sharing a drinking glass)
  - Tell your close contacts that you had a positive result and they should:
    - Remain away from others (quarantine): <https://wchd.pub/isolationquarantine>
    - Get tested (If they do not have symptoms, it's best to wait 5 days after exposure. If they have symptoms, it's best to test immediately.): <https://wchd.pub/covidtest>
  - If you live, work or spend time in a high-risk setting, immediately notify your employer, school and/or the high-risk facility. High risk settings include: assisted living, residential facilities, correctional & mental health facilities, first responders, law enforcement, firefighters, universities/schools/daycares (students & staff).
  - Close contacts do not have to quarantine if they completed the Pfizer or Moderna vaccine series within the last 5 months, Johnson & Johnson within the last 2 months, or have been boosted. However, they should get tested 5 days after exposure and wear a mask around others for 10 days. Learn more at [www.dhs.wisconsin.gov/covid-19/close-contacts.htm](http://www.dhs.wisconsin.gov/covid-19/close-contacts.htm).
  - Quarantine requirements vary for household members with ongoing exposure that are unable to separate for the entire isolation period. Contact the health department for guidance.
- **Get vaccinated after your isolation.** When you are well and no longer in isolation, consider getting vaccinated against COVID-19. One of the most effective ways to stop the spread of COVID-19 is to get vaccinated. COVID-19 vaccines are safe, effective, free, and widely available. Find a vaccine site at [www.wcvaccine.org](http://www.wcvaccine.org)
- **Find additional resources on our website at** [www.winnebagopublichealth.org](http://www.winnebagopublichealth.org).