TESTING POSITIVE FOR COVID-19
WHAT HAPPENS NEXT?

If you or someone at home tests positive for COVID-19, take these steps:

Positive COVID-19 Test with Symptoms
If you or someone at home has a positive COVID-19 test result and has symptoms such as cough, shortness of breath or trouble breathing, fever or chills, muscle or body aches, vomiting or diarrhea, or new loss of taste or smell, stay home and away from others until you meet the criteria below. The symptoms listed do not include all possible symptoms.

You can be with others after:
• At least 10 days after your first symptoms appeared and
• At least 24 hours with no fever without using fever-reducing medications such as Tylenol® (acetaminophen) or Advil® (ibuprofen) and
• Symptoms have improved

Positive COVID-19 Test with No Symptoms
If you have a positive COVID-19 test, but have no symptoms, stay home for 10 days from the date the test was taken.

Follow CDC guidance on 10 things you can do to manage your COVID-19 symptoms at home: ochealthinfo.com/COVID10things

If you get a call or text from the CA COVID Team, please take it seriously.

All positive COVID-19 test results are reported to the OC Health Care Agency (your local health department) for contact tracing to reduce the spread of COVID-19. Look for the "CA COVID Team" caller ID or text. We will contact the person who tested positive for COVID-19 to see who else might have been exposed.

What We Ask for:
• Where you have been recently and who you have been in contact with
• The names and contact information of the those you have had close contact with so we can call or text them. We will protect your privacy and will NOT tell them who may have exposed them without your permission

What We DON’T Ask for:
• Social Security Number
• Immigration Status
• Credit card number

FREE COVID-19 TESTING
If you need another test or need to find information for someone at home or work, visit ochealthinfo.com/covidtest to find where you can get tested.

COVID-19 RESOURCES
For more information on help with getting food, losing a job, trouble paying rent, or getting medical care, visit together.ocgov.com.

For more COVID-19 information, please visit www.ochealthinfo.com/novelcoronavirus or call the OC Health Care Agency’s Health Referral Line at (800) 564-8448.

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