



I HAVE BEEN TESTED FOR COVID-19 SO NOW WHAT?



What should you do to prevent the spread of illness and keep loved ones safe?

- You may be contagious, so you should separate yourself from others while you wait for your test results.
- Try to stay in a designated room and away from other people in your home. If it is not possible to stay in a specific room, maintain a distance from others of at least 6 feet.
- Wear a mask over your nose and mouth to prevent spread to others in your household.



Answer the call by the Contact Tracing team.

- If your results come back positive, you will receive a call from a member of the Department of Public Health's contact tracing team.
- The contact tracer will give you more information about how to effectively isolate and will ask you about others you may have been in contact with.
- Resources are available to you so please let the team know if you need help.



Stay home except to get medical care. If you are sick, you should not go to work!

- Do this for at least 10 days from the day your symptoms started AND 24 hours with no fever without the use of fever reducing medications AND symptoms have improved.
- If you do not have symptoms, self-isolate for at least 10 days from your test date.
- Do not go to work or school. Do not go to restaurants. Avoid public areas if possible.
- Avoid public transportation, including buses, trains, ride-sharing services, or taxis.
- Call ahead if you need to visit the doctor.



Stay hydrated, monitor your symptoms, and call your healthcare provider for instructions.

- For most people, water is the best drink to stay hydrated. Avoid caffeine and alcohol.
- If you develop shortness of breath, chest pain, or difficulty breathing, call 911; otherwise, when you begin to feel better, call your primary healthcare provider for instructions on follow-up.
- You can also call 909-387-3911 for support.



Help lower your fever using Tylenol (acetaminophen).

- If you use regular strength Tylenol (325 mg per tablet), you can take 2 tablets every 4-6 hours. Do not exceed 10 tablets in 24 hours.
- If you use extra strength Tylenol (500 mg per tablet), you can take 2 tablets every 6-8 hours. Do not exceed 6 tablets in 24 hours.



Clean your hands often.

- Wash your hands with soap and water for at least 20 seconds, rubbing the fronts and backs of your hands and the spaces between all your fingers the whole time. Then rinse with water. Soap and water are preferable particularly when your hands are visibly dirty.
- If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 70% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Cover your coughs and sneezes and maintain a six-foot distance from others.

- Cough or sneeze into your elbow and away from others.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and immediately wash your hands.
- If you have to go outside, maintain a six-foot distance, and always wear a mask.



Clean and disinfect surfaces in common household areas every day.

- Clean surfaces like tables, chairs, doorknobs, remotes, tablets, cell phones, toilets, sinks.
- For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation.
- Prepare a bleach solution by mixing: 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.



Avoid sharing personal household items.

- Avoid sharing dishes, drinking glasses, cups, eating utensils, towels, toys or bedding with other people in your home.
- Wash all the items you use thoroughly with soap and water.



For general information and resources about the virus call: 909-387-3911 or go to [SBCOVID19.com](https://www.sbcovid19.com)