

## ***IF YOU TEST POSITIVE FOR COVID-19***

You will receive a call from a case investigator at both your local Public Health Department and/or from our Capitol Hill contact tracing team to gather information on your close contacts and work-related exposures.

**If you do not get a call immediately due to the current surge in positive cases, do NOT wait to take these steps!** These steps are extremely important, regardless of your vaccination status.

1. **Isolate at home for 5 days**, starting from the day after you first had symptoms (day zero is the day of your positive test, day one is the next day). **What is isolation?**
2. If you never had symptoms, isolate for 5 days after your testing date.
3. The following activity limitations also apply.
  - **Do not travel for your 5-day isolation period**. Avoid travel for an additional 5 days, if possible. If not possible, wear a well-fitting mask while around others for the entire duration of travel
  - **Do not go places where you cannot wear a mask, such as restaurants and some gyms for 10 days**.
  - **Avoid eating around others (even at home) for 10 days**
4. **If you are without a fever and your other symptoms are improving after 5 days of isolation, you may resume normal activities while wearing a well-fitting mask around others at all times for an additional 5 days**. Continue to isolate and contact your primary care provider for guidance if your symptoms are not improving or are getting worse on day 5.
5. If you need medical care, call ahead to your destination and tell them that you have tested positive for COVID-19. Seek medical attention immediately or call 911 if you develop trouble breathing, chest pain or pressure, new confusion, or other concerning symptoms. Follow the advice of your healthcare provider regarding how to proceed depending on your symptoms.
6. **Notify your close contacts**. This includes all people who were within 6 feet of you for 15 minutes or more in the two days leading up to your symptoms or your test date.
7. **Don't test again with a PCR test for 90 days after your positive test date**. You can have detectable SARS-CoV-2 RNA in your swab specimens for up to 3 months after you test positive, even though you are no longer infectious to others. You cannot stop your isolation early, even if you happen to get a negative result on a re-test. If you have a recurrence of symptoms in that period of time, consult your primary care provider for guidance.

8. If you wish to test prior to leaving isolation after 5 days and you have access to a test, you may complete a rapid home antigen test (PCR tests are not recommended). If it is negative, you may leave isolation and follow guidance in points 3 and 4 above. If positive, you should continue to isolate for an additional 5 days.
9. Review CDC guidance [HERE](#).

***Did you test positive using a home test kit? Reporting your result is important!***

Your home test kit will likely have instructions on how to report your positive result.

If it does not, please report your positive test as soon as possible to your primary care provider or your local public health jurisdiction. DC residents: Please see below for self-reporting portal.

The following links may be helpful:

[Washington, DC Self-Reporting](#)

[Maryland Department of Health: COVID-19 Information](#)

[Virginia Department of Health: COVID-19 Information](#)