You've had a Positive At-Home COVID-19 Test. Now What?

If you test positive for COVID-19 on an at-home COVID-19 test, call Huron County Public Health (HCPH) to report your positive result at 567-244-3222. Stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first five days.

Everyone with a positive COVID-19 test, **_regardless of vaccination status_**, should meet the following criteria to discontinue home isolation:

- **_If you had <u>no</u> symptoms_**: You can end isolation after 5 full days.

- **_If you had symptoms_**: If your symptoms are improving and you are fever-free for 24 hours without the use of fever-reducing medication, you may end isolation after 5 days. If your symptoms are **_not_** improving, continue isolation until you are fever-free without the use of fever-reducing medication for 24 hours and your symptoms begin improving.

After you have ended isolation, wear a mask for 5 days when in public spaces and avoid being around people who are more likely to get very sick from COVID-19. If you have access to antigen tests, consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than the 5-day period.

Contact your employer or school to notify them of the positive result. Do not go to work or school until you meet the criteria listed above.

Contact your healthcare provider and seek care if needed.

If you need additional COVID-19 rapid test kits, please visit: *https://www.huroncohealth.com/coronavirus2019* for locations throughout Huron County that offer free at-home COVID-19 test kits. Test kits are also available for purchase at most drug stores and pharmacies.

Inform those who you have been in contact with from the 2 days prior to symptom onset to now. A close contact is someone you have been with for a cumulative total of 15 minutes or more over a 24-hour period of time within 6ft of each other. Close contacts should refer to CDC Guidance at *https://www.cdc.gov/coronavirus/2019-ncov/your-health/if-you-were-exposed.html* for further direction.

Revised 5/4/2023
Visual Adapted and modified from Sandusky County Public Health
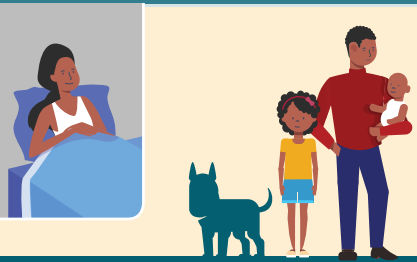
Huron County
Public Health

SOME COVID-19 AT HOME TEST KIT EXPIRATION DATES HAVE BEEN EXTENDED
Visit *bit.ly/covidtestextension* to check your kits' expiration dates before using or disposing of test kits

Isolate and take precautions if you have or suspect you have COVID-19
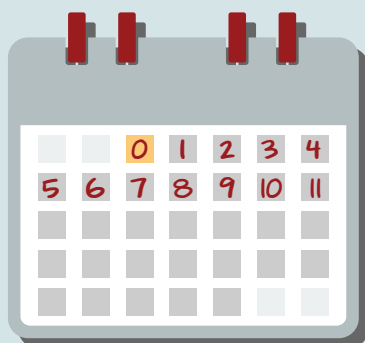
ISOLATION

Stay home and away from others

Wear a high-quality mask if you must be around others

Start counting days

Day 0 is the day your symptoms started

If you never had symptoms, day 0 is the day you took a COVID-19 test

911

Watch for emergency warning signs, like trouble breathing

Seek help if they develop

AFTER ISOLATION

Until at least day 11, avoid being around people who are more likely to get very sick

Wear a high-quality mask when around others indoors

Removing your mask

After ending isolation, wear your mask through day 10

OR

Take 2 antigen tests, 48 hours apart

If both tests are negative, you may remove your mask sooner than day 10

ENDING ISOLATION

Isolate to day 6 or later, if you

- never had symptoms or symptoms are improving, and

- are fever-free for 24 hours without the use of fever-reducing medication

Continue to isolate if your fever persists or other symptoms have not improved

Isolate through day 10, if you experienced moderate illness, like shortness of breath or difficulty breathing

Isolate through day 10 and talk with a healthcare provider before you end isolation, if you

- were hospitalized, or
- have a weakened immune system

COVID-19 Antigen Self-Test

cdc.gov/coronavirus