

# 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 no 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. If a letter for isolation is required for work or school, self-attestation forms are available on HCPH's website at <https://huroncohealth.com/coronavirus2019>.



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 Ohio that offer at-home COVID-19 test kits.



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.

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Visual Adapted and modified from Sandusky County Public Health

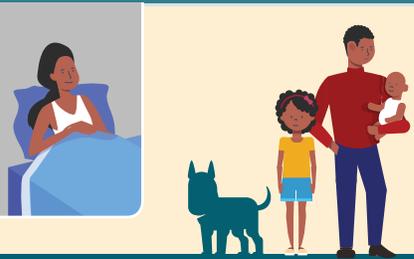


**\*SOME COVID-19 AT HOME TEST KIT EXPIRATION DATES HAVE BEEN EXTENDED\***

Visit [bit.ly/covidtestextension](https://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



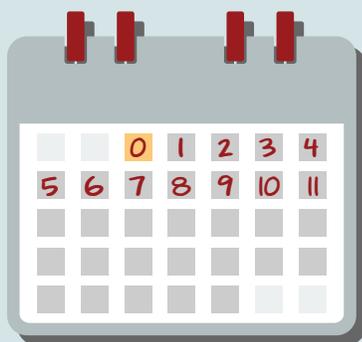
**Stay home and away from others**

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



**Watch for emergency warning signs, like trouble breathing**

Seek help if they develop

## 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

## 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

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

- were hospitalized, or
- have a weakened immune system

