

ISOLATION:

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

STAY HOME FOR AT LEAST FIVE DAYS:

STAY HOME FOR FIVE DAYS AND ISOLATE YOURSELF FROM OTHERS IN YOUR HOME. WEAR A WELL-FITTED MASK IF YOU MUST BE AROUND OTHERS IN YOUR HOME.

ENDING ISOLATION IF YOU HAD SYMPTOMS:

END ISOLATION AFTER FIVE FULL DAYS IF YOU ARE FEVER-FREE FOR 24 HOURS (WITHOUT THE USE OF FEVER-REDUCING MEDICATION) AND YOUR SYMPTOMS ARE IMPROVING.

ENDING ISOLATION IF YOU DID NOT HAVE SYMPTOMS:

END ISOLATION AFTER AT LEAST FIVE FULL DAYS AFTER YOUR POSITIVE TEST.

IF YOU WERE SEVERELY ILL WITH COVID-19 ISOLATE FOR AT LEAST 10 DAYS:

CONSULT YOUR DOCTOR BEFORE ENDING ISOLATION.

TAKE PRECAUTIONS UNTIL DAY 10

WEAR A WELL-FITTED MASK FOR 10 FULL DAYS ANY TIME YOU ARE AROUND OTHERS. DO NOT GO PLACES WHERE YOU ARE UNABLE TO WEAR A MASK. AVOID TRAVEL AND AVOID BEING AROUND PEOPLE WHO ARE HIGH RISK.

CALCULATING ISOLATION:

DAY ZERO IS YOUR FIRST DAY OF SYMPTOMS OR A POSITIVE VIRAL TEST. DAY ONE IS THE FIRST FULL DAY AFTER YOUR SYMPTOMS DEVELOPED OR YOUR TEST SPECIMEN WAS COLLECTED.

REPORT POSITIVE TEST RESULTS:

CALL THE STATE COVID-19 HOTLINE AT 1-800-525-0127, OR DOWNLOAD AND USE THE WASHINGTON STATE COVID-19 APP WA NOTIFY, WHICH CAN NOW UPLOAD POSITIVE HOME TEST RESULTS. DOWNLOAD WA NOTIFY AT [HTTPS://DOH.WA.GOV/EMERGENCIES/COVID-19/WA-NOTIFY](https://DOH.WA.GOV/EMERGENCIES/COVID-19/WA-NOTIFY)