

Test Positive for COVID-19?

If you received a positive COVID test result, please carefully review the information below:

Step 1: Take care of yourself

Pay attention to your symptoms. If symptoms worsen, call your healthcare provider for guidance.

Call 911 if you have:

- Persistent pain or pressure in the chest
- Unusual feelings of confusion or unable to respond
- Trouble breathing
- Lips or face have a blue or purple tint

Step 2: Stay home & away from others. Isolate for at least 5 days

- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household.
- Don't share personal household items such as cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people. Tight-fitting masks such as KN95s and three-ply surgical masks offer the best protection while cloth masks the least protection.
- Everyone in isolation should wear a mask when around others for 10 days from their first symptom, or the date of positive test if they don't have symptoms.

An antigen test is recommended on **DAY 5** to determine if you are still infectious. If you test positive, you should isolate for another five days.

If, after another five days, you exhibit no symptoms, or symptoms are improving, you may be around others but should wear a tight-fitting mask until **DAY 10** when around others.

For more detailed information about when you can leave isolation, please review CDC guidelines.

Step 3: Complete online form

First, notify the **Island County COVID Response Team** of your positive test result by completing the online [positive test reporting form](#), which can also be located by scanning the QR code at right. If you are unable to report your positive result online, call the **Island County COVID Response Call Center at 360-678-2301**. The Call Center can assist you in reporting your result. Next, notify your place of work or school that you tested positive.



Step 4: Notify close contacts of your diagnosis

Notify anyone you live with, traveled with in a vehicle, or who was within six feet of you for 15 minutes or more two days before your symptoms began, or if you have no symptoms, two days before you took your test.

For your close contacts:

- If they are fully vaccinated and boosted, they do not need to quarantine, but they should wear a tight-fitting mask around others for 10 days, monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- If they are not fully vaccinated and boosted, they should remain in quarantine for five days, then they should wear a tight-fitting mask around others for an additional five days, monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- They should consider obtaining an over-the-counter rapid test (if available) to help minimize potentially exposing others. Free rapid test kits are available for close contacts from Island County COVID Response by calling 360-678-2301.
- For more detailed information go to [Quarantine](#) guidance online.

