

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.

How long you should isolate depends on several factors: whether you can wear a well fitting mask, whether you continue to test positive after five days of isolation, whether you are severely ill, or whether you have a weakened immune system. Generally, you can end isolation *IF* you have isolated for at least five days, your symptoms have improved, *AND* you have not had a fever for 24 hours without using fever reducing medications.

For more detailed information about when you can leave isolation, please review [these 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

Tell your close contacts they may have been exposed to COVID-19 and send them the DOH document titled, "What to do if you were potentially exposed to someone with COVID-19" [located here](#).

For more information about how to notify close contacts and WA Notify, [click here](#).

