WHAT TO DO IF YOU HAVE COVID-19

If you test positive for or suspect you have COVID-19, follow the steps below to keep you, your loved ones, and your community safe.

1. KNOW WHEN YOU ARE CONTAGIOUS TO OTHERS
   People with COVID-19 symptoms are most contagious 2-3 days after symptoms begin, but you are contagious in the 2 days before developing symptoms and for up to 10 days after symptoms start. People who test positive for COVID-19 but do not have symptoms can still spread the virus and are considered contagious 2 days before a positive test sample was collected and for up to 10 days after. To isolate:
   • Stay home, avoid contact with other members of your household and pets, and do not share items.
   • Wear a well-fitted mask if you need to be around others.

2. NOTIFY PEOPLE YOU HAD CLOSE CONTACT WITH WHILE YOU MIGHT HAVE BEEN CONTAGIOUS
   If someone was 6 feet or less from you for a total of 15 minutes over a 24-hour period, they are considered a close contact. Tell each of them that you are sick as soon as possible and recommend that they:
   • Quarantine at home for a full 5 days if they are not Up to Date on COVID-19 vaccinations including boosters when eligible or have not had COVID-19 within the last 90 days.
   • Get tested after 5 days
   • Monitor for symptoms and get tested immediately if symptoms develop
   • Visit KDHE’s Close Contacts web page

3. MONITOR YOUR SYMPTOMS
   Seek medical attention immediately if you are experiencing any of the following symptoms:
   • Trouble breathing
   • Persistent pain or pressure in your chest
   • New confusion
   • Inability to wake or stay awake
   • Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

4. ISOLATE AT HOME FOR AT LEAST 5 DAYS

<table>
<thead>
<tr>
<th>For those who have tested positive and have symptoms</th>
<th>For those who have tested positive and do not have symptoms</th>
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<tbody>
<tr>
<td>If symptoms have improved after 5 days AND you have been fever-free for at least 24 hours:</td>
<td>If you develop symptoms while isolating:</td>
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<tr>
<td>• You may leave your house but should continue to wear a well-fitted mask for 5 more days when around others. If you cannot mask, continue to isolate for 5 additional days</td>
<td>• Begin a new home isolation period based on the day your symptoms start and follow the instructions for those with symptoms</td>
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<tr>
<td>If symptoms have not improved:</td>
<td>If you have not developed symptoms after 5 days:</td>
</tr>
<tr>
<td>• Continue to isolate for an additional 5 days</td>
<td>• You may leave your house but should continue to wear a well-fitted mask for 5 more days. If you cannot mask, continue to isolate at home for 5 additional days</td>
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<td>If you were severely ill or are immunocompromised:</td>
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<tr>
<td>• Isolate at home for at least 10 days, potentially up to 20 days. Consult your doctor before ending isolation</td>
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5. ADDITIONAL PRECAUTIONS UNTIL DAY 10: AVOID TRAVEL AND BEING AROUND PEOPLE WHO ARE AT HIGH RISK FOR DEVELOPING SEVERE DISEASE.

FOR SPECIFIC INFORMATION ON THE BEST TREATMENT COURSE FOR YOU, PLEASE CONSULT YOUR DOCTOR.