

What to Do if You Are Being Evaluated for COVID-19 or Have Screened Positive During a COVID-19 Screening

If you are experiencing symptoms of COVID-19 (fever, coughing, or shortness of breath) or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay home, except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people and animals in your home

You should stay in a specific room and away from other people in your home as much as possible. Also, you should use a separate bathroom, if available. You should also restrict contact with pets and other animals while you are sick or being evaluated for COVID-19, just like you would around other people.

Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have screened positive or are being evaluated for COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not be in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60-95% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean all "high touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or bodily fluids on them. Use a household cleaning spray or wipe, and follow the label instructions. Labels contain instructions for safe and effective use of the cleaning product, including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Monitor your symptoms

Seek prompt medical attention if your symptoms are worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you are being evaluated for COVID-19 or have screened positive. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. People who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. If you have a medical emergency and need to call 911, notify the dispatch personnel that you are being evaluated for COVID-19 or have screened positive. If possible, put on a facemask before emergency medical services arrive.

Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.

If you have any questions related to COVID-19 and your health, please reach out to your care team. For the most recent, up-to-date information on COVID-19, please visit: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



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