



What to do if you are told you are positive for COVID-19

If you have a positive test for COVID-19 you must do the following:

1. You will be called by the Pettis County Health Center or the local public health department where you live. You will be asked about people you have been close to starting 2 days before you became sick. Provide as much information as possible, including a phone number for those you have been close to or where you work. We will ask you to contact your place of employment. If needed, we will help you get a copy of your test results.
2. You will need to take your temperature twice a day and record that information on a calendar. You will be called by the Health Center staff to check on you. If you do not have a thermometer, let the Health Center know and we will get one to you.
3. Stay in your home – do not go out in public. If you must get medical care, be sure to tell the people taking care of you that you are positive for COVID 19
4. Within in your home – find a place where you can be alone. A bedroom is a good place. You need to eat your meals in the room. Use disposable dishes, silverware and cups. If you do not have disposable plates, silverware or cups, reusable dishes must be washed immediately with hot, soapy water and rinsed. The person handling the dishes much wash hands immediately. Have one person wearing a mask bring the needed supplies to your room and take care of you. You need to wear a mask when the person is in the room. If possible, use a separate bathroom.
5. If you must leave the room where you are staying, you must wear some type of face covering – either a mask that has been sewn or a temporary mask made by folding over a scarf or bandana to make 4 layers and using hair ties or rubber bands for a tight fit.
6. You must stay in your home until you are symptom free (no fever, cough improved, able to breathe normally) for 72 hours without the use of fever reducing medicine. This will generally be at least 14 days from the time you became ill.
7. If your symptoms get worse, call your health care provider.