



Guidance for Positive COVID-19 Patients

If you tested positive for COVID-19 an InterMed provider will call you to discuss your care plan. This document provides supplemental guidance on how to care for yourself and how to protect other people in your home and the community.

- **Stay home for at least 5 full days.** Day 0 is the first day of symptoms or the date of the day of the positive viral test for an asymptomatic person. Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas. If, after 5 days, you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved, you can leave your house. Continue to wear a well-fitting mask around others for 5 additional days, 10 days total.
- **Isolate: ideally you should have zero contact with anybody else, including household members.** As much as possible, stay in a specific room and away from other people in your home. If possible, you should use a separate bathroom. If you need to be around other people in your house, always wear a mask that covers your nose and mouth. Avoid travel and going to places where you are not able to wear a mask for a full 10 days.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Monitor your symptoms.** Seek care immediately if you have trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.
- **Notify close contacts.** Tell your [close contacts](#) that they were exposed to COVID-19. Instructions for your close contacts change depending on their vaccination status as outlined in the table below. Have them refer to the [CDC's Guidelines for Isolation and Quarantine](#).

When can I end my isolation?

If, after 5 days, you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved, you can leave your house. If you have access to a test and want to test, the best approach is to use an antigen test towards the end of your 5-day isolation period. Continue to wear a well-fitting mask around others for 5 additional days.

If you have a fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a well-fitting mask. Additionally, if your symptoms worsen, [call your InterMed primary care team](#).