



## 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.** 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.
- **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 and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in your house, always wear a mask that covers your nose and mouth.
- **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.
  - Fully vaccinated close contacts:
    - Should get tested 3-5 days after their exposure, even if they don't have symptoms
    - Do not need to quarantine after contact with someone who had COVID-19 unless they have symptoms.
    - Should wear a mask indoors in public for 14 days following exposure or until their test result is negative.

*For more information: [Quarantine Guidance for Vaccinated Close Contacts](#)*
  - Not vaccinated or partially vaccinated close contacts:
    - Should get tested 3-5 days after their exposure, even if they don't have symptoms
    - Quarantine until 10 days after your last contact with the COVID contact, then monitor for symptoms for 4 more days.

*For more information: [Ending Quarantine if you are Exposed to a COVID Case](#)*

### **When can I end my isolation?**

People who test positive should self-isolate ***until they meet all three criteria*** below:

1. At least **10** days have passed since symptoms first appeared (or if asymptomatic since date of positive test)  
**AND**
2. Had no fever for at least 1 day (24 hours of no fever without the use of medicine that reduces fever),  
**AND**
3. Other symptoms are improved (example: cough or shortness of breath)