



TEST POSITIVE?



San Juan County Health & Community Services is currently experiencing COVID-19 case rates that are exceeding our capacity to do full case investigation and contact tracing on every new positive case. If you have received a positive COVID test result, please review and carefully follow the information below:

STEP 1: TAKE CARE OF YOURSELF.

Pay attention to your symptoms. If your symptoms get worse, call your healthcare provider for guidance.

Call **911** if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- Unusual feelings of confusion or not able to respond
- Lips or face have a blue or purple tint

STEP 2: STAY HOME AND AWAY FROM OTHERS (ISOLATION) FOR AT LEAST 5 DAYS

- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation at home](#), if possible.
- Avoid contact with other members of the household.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a [well-fitting mask](#) when you need to be around other people. Tight-fitting masks such as KN95's and 3-ply surgical masks offer the best protection and cloth masks the least.
- Everyone in isolation needs to wear a mask when around others for 10 days from their first symptom, or the date of positive test if they don't have symptoms.

An antigen test is recommended on **day 5** to determine if you are still infectious. If you test positive you will need to isolate for another 5 days.

If after 5 days, you are unable to test and you have no symptoms or symptoms are improving you may be around others with a tight-fitting mask for another 5 days. If symptoms are still present, stay home until they improve then wear a tight-fitting mask until day 10 when around others.

For more detailed information about when you can leave isolation, [please review these guidelines from CDC.](#)

More detailed information at sjccovid.com

STEP 3: NOTIFY OTHERS OF YOUR DIAGNOSIS

First, notify the San Juan County Health & Community Services Team of your test result by completing the online positive test reporting form at sjccovid.com or by using **QR Code**. If unable to report online, call **360-370-7500** and leave a message with your contact details.



Next notify your work, and your school (if positive result was for a student).

And finally, notify anyone you live with, have traveled in a vehicle with, or have been within 6 feet of you for 15 minutes or more 2 days before your symptoms began (or 2 days before you took your test if you have no symptoms). For these close contacts:

- If they are fully vaccinated and boosted, they do not need to quarantine, but they do need to wear a tight-fitting mask around others for 10 days. Monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- If they are not fully vaccinated and boosted, they should remain in quarantine for 5 days, then they should wear a tight-fitting mask around others for an additional 5 days. Monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- They should consider obtaining an over-the-counter rapid test (if available) to help minimize any potential exposure.
- Refer to more detailed information on [Quarantine](#) guidance.



More detailed information at sjccovid.com