



TEST POSITIVE?



San Juan County Health & Community Services is moving away from completing full case investigations and contact tracing for every new positive case. We will be targeting our follow up to those cases at risk for more severe illness and those with unusual presentation of illness. Due to this shift, it will be the responsibility of the public to carry out isolation, quarantine and notification of close contacts. If you have received a positive COVID test result, please review and carefully following 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

Call the state COVID-19 hotline:

1-800-525-0127 then press # (press 7 for Spanish) as soon as they receive results. The hotline is available Monday from 6 a.m. to 10 p.m., and Tuesday to Sunday (and observed holidays) 6 a.m. to 6 p.m. Language assistance is available.

-OR-

ONLINE:

Go to <https://sayyescovidhometest.org/>

Scroll down to the icon titled “Digital Assistant” and click. Then follow instructions to register your information and results.

You may also order free tests through this same website.

*If the above options are inaccessible for any reason or if you need further assistance, you may call San Juan County Health & Community Services at 360-378-4474 and leave your detailed information or request a callback.

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