

You Have COVID-19 Infection, Now What?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community.

Stay Home Except to Get Medical Care

People who are mildly ill with COVID-19 are able to isolate at home during their illness. It is very important for you to monitor your health at home for worsening symptoms. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

IF YOU HAVE ANY DIFFICULTY BREATHING, SEEK EMERGENCY MEDICAL CARE ... IT IS IMPORTANT TO NOTIFY OF YOUR COVID-19 POSITIVE STATUS!!

Separate Yourself from Others in Your Home

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. You should restrict contact with others in your home.

Gather Information On All Your Contacts

Contact tracing not only helps to slow the spread of COVID-19, it also helps protect your family and your community!

Things to remember:

- ✓ Any information you share with the health department staff is **CONFIDENTIAL**. This means that your name and personal/medical information will be kept private!
- ✓ Your name will not be shared with those that you came in contact with. The health department will only notify people you were in close contact with and let them know they have been exposed to a COVID-19 case.

Utilize the [Notifying your Contacts Sheet](#). This will help you gather information and to begin notifying others to assist the Public Health Nurses at the Wayne County Health Department.

Discontinuing Home Isolation

You need to remain at home until 10 days have passed since your symptoms began AND you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications AND symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation.

It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures.



Wayne County Health Department

Main Office: 203 S. Walnut Street · Wooster, OH 44691 · Ph: 330-264-9590

WEBSITE · Wayne-health.org

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