

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19 OR HAVE BEEN EXPOSED TO SOMEONE WITH COVID-19

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

Case Information	Can I Go To Work?	Do I Need To Be Tested?	Other Recommendations
You tested COVID positive.	No , you must isolate (see below for information about what isolation means) at home (or if available in Town/County designated place) following Health Professional Orders. You must isolate for at least ten days, and have at least 72 hours with no fever without fever-reducing medication and symptom free. If you have never had symptoms, you must isolate for 10 days from the date of your positive test.	No , you do not need to be tested again to return to work as long as you have isolated for at least 10 days AND are symptom free for three days.	Call your healthcare provider or 211 if you are getting sicker. Go to ER if you have trouble breathing. People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available). If you cannot isolate from others in your home the Health Department may help by providing isolation in a local hotel. The Health Department can also assist in arranging food or medications to be delivered to your home.
A household contact tests positive: Includes all people in a single living unit (household)	No. You will need to quarantine (see below for quarantine information) for 14 days after the last exposure or the date of the positive test.	Yes , family members, roommates, etc. of confirmed positive cases are recommended to be tested.	Monitor for symptoms. Household contacts are high risk. If symptoms develop follow isolation guidance and call 211.
A close contact tests positive: Close contact, with a high risk of catching COVID-19 is defined by CDC as: "any individual who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) until the time the patient is isolated." However, among co-workers for example, numerous shorter encounters within 6 feet over the course of one or more shifts may be considered close contact.	No. You need to quarantine for 14 days from your last exposure and consult with your health care provider.	Yes , close contacts should be evaluated by public health contact tracing investigators and may be referred for testing and ordered to quarantine.	Monitor for symptoms. If symptoms develop follow isolation guidance and call 211.
Someone you have been around tests positive. Casual contact such as simply walking by or being in same area but with more than 6 feet of distance, brief time frames and limited communication that are cumulatively less than 15 minutes. Lower risk if masks were used.	Yes , you can work as long as you do not have symptoms. Be extra careful to stay at least 6 feet away from others, always wear face covering, and keep hands and surfaces clean.	Recommended if testing capacity permits. Consult with your primary health care provider.	Monitor for symptoms. If symptoms develop follow isolation guidance and call 211 or your primary health care provider.



Case Information	Can I Go To Work?	Do I Need To Be Tested?	Other Recommendations
Contact of a contact (e.g. friend of a friend) tests positive: Your friend's mother, your spouse's co-worker, or a 3rd degree level of contact.	Yes , you can continue to work, as long as you do not have symptoms. You should take extra care to distance and cover and monitor for symptoms while waiting for the contact of the case (the person you were exposed to) to be tested. If that person you were in close contact with tests positive then you do need to quarantine and cannot go to work.	Not unless you have symptoms. If symptomatic recommendation is to be tested.	Monitor for symptoms. If symptoms develop follow isolation guidance and call 211. Again, it is very important for the contact of the case to be tested in order to determine your level of risk. If they test positive and you were in close contact with them, you need to quarantine.
Employee at a business tests positive: Individuals follow appropriate advice from above or as directed by a contact tracer or other Inyo County staff.	Not until a contact investigation has occurred. Any employee with a positive test may not return to work and will need to isolate for at least 10 days from date of symptom onset or their test. The business will generally be closed for at least a day, sometimes longer, to allow for proper contact tracing and cleaning, depending on type of business and level of contact within the business with positive case. After the investigation, additional employees may need to quarantine for 14 days and be tested.	Varies. As above, Public Health investigators will attempt to define all persons who have had close contact (as defined above) with COVID positive cases, at home, work and socially. In general all household members are considered high risk and will be quarantined. Co-workers should be evaluated by public health contact tracing investigators and may be referred for testing and ordered to quarantine. Casual contacts may choose to be tested and are to monitor for symptoms. Other contacts are to monitor for symptoms.	Businesses should increase employee wellness checks and have all contacts monitor for symptoms. Businesses must also enforce universal compliance with usage of face coverings, hand hygiene, and general cleanliness of the space.
I had close contact with someone with COVID then I got tested when I found out and it is negative.	No. You must quarantine for 14 days from the last time you were exposed to the person with positive test. A negative test is good news indicating that you were not infected at the time of the test but after exposure it can take between 3 and 14 days (incubation period) to test positive and be infectious. If you have had a risky exposure testing does not eliminate the need for quarantine.	Recommended if testing capacity permits. Consult with Inyo County Public Health or your primary health care provider. Because COVID can be silent, with no symptoms it is a good idea to get tested again before you come out of quarantine because you could be infectious without knowing it. However the availability of testing seems to be up and down and the time it takes to get a result can be challenging.	Monitor for symptoms. If symptoms develop follow isolation guidance and call 211.

Isolation is used to separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms, but positive) from people who are not infected. Isolation is necessary for 10 days from the beginning of symptoms AND people must have no fever for at least 72 hours AND other symptoms have improved before coming out of isolation. Those who have no symptoms are to isolate for 10 days from the date their test was done. People who are in isolation or quarantine for COVID-19 must stay home. They must not leave their residence. People in isolation or quarantine should have their own room and bathroom and avoid close contact with other members of the household. Face coverings are recommended within the house. Any shared spaces or surfaces in the household should be frequently and diligently cleaned. If it is not possible in a household to quarantine or isolate safely from others, Public Health or the Bishop Paiute Tribe's RAVE Department, can arrange for people to stay in hotel rooms until it is safe to return to the household. Sometimes it makes sense for the person in isolation or quarantine to stay in a hotel to protect family members.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others for an incubation period. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Generally 14 days from last contact.

THIS IS A GENERAL GUIDE. Individuals and businesses are to follow specific direction from public health officials, your doctor, or a licensed clinician.

- Rena Brown, COVID-19 Relief Act Program Administrator: (760) 873-4414 Ext: 2860
- Inyo County COVID-19 Food and Shelter Hotline: (760) 878-8559
- <https://www.inyocounty.us/services/health-human-services/covid-19-food-shelter-resources>
- <https://www.toiyabe.us/covid-19-info-updates-and-tips/>
- Mono County Public Health: (760) 924-1830 | MonoHealth.com/Coronavirus