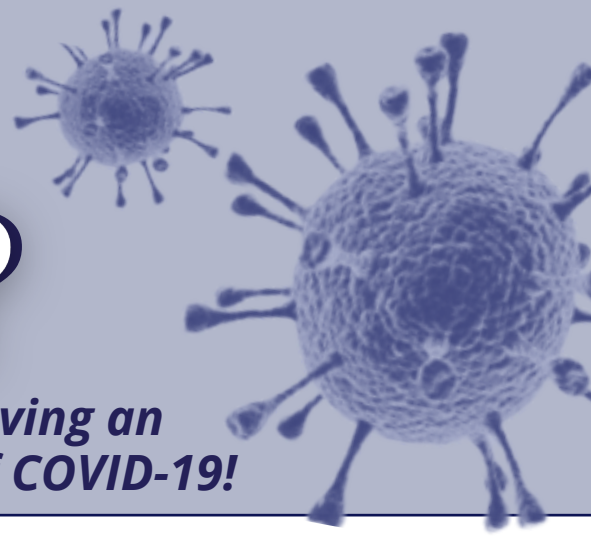# COVID-19 POSITIVE?

The Delaware Public Health District is receiving an extremely high volume of calls & reports of COVID-19!

WE ARE ASKING THE PUBLIC TO <u>PLEASE BE PATIENT</u> AS WE WORK OUR WAY THROUGH ALL OF THE CALLS & REPORTS AND FOLLOW THE GUIDANCE BELOW

IF YOU ARE POSITIVE OR HAVE BEEN EXPOSED, IT IS EXTREMELY IMPORTANT THAT YOU FOLLOW THIS GUIDANCE:

If you are aware that you have tested positive, please stay home for 10 days. If you have symptoms, isolate yourself from other healthy individuals in your home for at least 10 days and until you meet all 3 of these requirements:

1. At least 10 days since symptoms first appeared
2. At least 24 hours since last fever without the use of fever-reducing meds
3. Symptoms have improved

If tested positive for COVID-19, but show no symptoms, you can be with others after 10 days have passed since test.

If you are aware you have been in contact with a case, please stay home for 14 days. If you live with a case, please stay home for 14 days after the case has recovered. Your 14-day quarantine cannot start until the infected person is no longer ill. For most people, that is 10 days, so a contact's typical quarantine period is 10 + 14 = 24 days.

IN ADDITION:

Contact your healthcare provider and seek care if needed

Create a list of people (and their contact info) you have been in contact with from 2 days prior to symptoms starting to now

Inform those on your contact list that you have tested positive for COVID-19

DelawareHealth.org/covid-19

Delaware Public Health District
Dedicated to your health 11/13/2020