

# General Population Isolation Guidance

## What to do when you test Positive for Covid-19

- **Start isolating yourself right away.**
- **Stay home except to get medical care.**
- **Notify employer and close contacts\***

\*A close contact is someone you were around in the 48 hours prior to symptom onset for more than 15 mins in a 24 hour period.



[bhsj.org/coronavirus](https://bhsj.org/coronavirus)

## I have isolated for 5 days, now what?

\*Day 0 is your first day of isolation

I have no symptoms or I am noticeably better and have not had a fever\*

\*for at least 24 hours without using fever-reducing medications.

### Actions to take:

- You may stop isolation on day 6
- Take a Rapid Antigen test on day 5. If positive continue isolation through day 10
- Avoid travel, stay away from vulnerable persons such as the unvaccinated and elderly
- Wear a well fitting surgical, KN95, or N95 mask around others (even at home) through day 10

I still have symptoms or My symptoms have returned

### Actions to take:

- Continue isolation through day 10 or until fever free for more than 24 hours without the use of fever reducing medications.

Certain settings like schools, healthcare facilities, and congregate living settings may have additional guidance. Seek immediate medical attention if you develop difficulty breathing.