

# If You Test Positive for COVID-19,

you can help prevent the spread of illness.



## While you wait for a notice of isolation letter and further guidance from public health, follow these steps:

- **Isolate yourself immediately** and stay away from other household members.
- **Stay home** except to get medical care.
- **Let your employer know** you have COVID-19.
- **Notify your close contacts** so they can quarantine themselves. There's a free online tool that can help you quickly and easily notify your contacts. Learn more at [www.tellyourcontacts.org](http://www.tellyourcontacts.org).

## You can end isolation and resume normal activities when:

- 10 days have passed since your symptoms started (or test date if no symptoms), **AND**
- You are fever-free with temperature below 100.4°F for at least 24 hours without the use of fever-reducing medications, **AND**
- Your symptoms have improved.

## Right to Recover Income Help

The Right to Recover program offers financial assistance to low-income, COVID-positive workers who are Columbus residents to take time off of work to isolate and recover. For requirements or more information, call 614-484-9111 or visit [www.cul.org/right-to-recover](http://www.cul.org/right-to-recover).

## For more information:

- Visit [www.columbus.gov/coronavirus](http://www.columbus.gov/coronavirus)
- Call 614-645-1519

## Close Contacts

### What is a close contact?

A close contact is someone within six feet of you for more than 15 minutes total in a 24 hour period, while you were contagious:

- 2 days before symptoms appear (or 2 days before a positive test, if no symptoms) through the end of your isolation period.

### Tell your close contacts to:

- Start quarantining right away.
- Quarantine until 10 days have passed since your last contact to the person with COVID-19 as long as you have not had any symptoms.
- Stay home except to get medical care.
- Monitor yourself for symptoms. If you develop symptoms, get tested.
- Columbus Public Health does not recommend testing out of quarantine for the general public.