If you or someone at home tests positive for COVID-19, take these steps:

**Positive COVID-19 Test with Symptoms**
If you or someone at home has a positive COVID-19 test result and has symptoms (i.e., fever, cough, shortness of breath or trouble breathing):
Unless you are given different instructions, stay home and avoid contact with others until it has been:
- at least 3 days (72 hours) after you have recovered, meaning you don’t have a fever without the use of fever reducing medicine (e.g., Tylenol, Advil)
- at least 10 days after your first symptoms appeared
- and respiratory symptoms (e.g., cough, shortness of breath) are improving

**Positive COVID-19 Test with No Symptoms**
If you have a positive COVID-19 test, but have no symptoms, stay home for 10 days from the date the test was taken.


If you get a call from the health department, please take it seriously.

All positive COVID-19 test results are reported to the OC Health Care Agency (your local health department) for contact tracing to reduce the spread of COVID-19. We contact the person who tested positive for COVID-19 to see who else might have been exposed.

**What We Ask for:**
- Where you have been recently and who you have been in contact with
- The names and contact information of the those you have had close contact with so we can call them. We will protect your privacy and will NOT tell them who may have exposed them without your permission

**What We DON’T Ask for:**
- Social Security Number
- Immigration Status
- Credit card number

If you or someone tests positive for COVID-19 and are not able to stay at home:
Ask the OC Health Care Agency representative that contacted you for help with isolation.

**FREE COVID-19 TESTING**
If you need another test or need to find information for someone at home or work, visit ochealthinfo.com/covidtest to find where you can get tested.

**COVID-19 RESOURCES**
For more information on help with getting food, losing a job, trouble paying rent, or getting medical care, visit covid19info.ocgov.com.

For more COVID-19 information, please visit www.ochealthinfo.com/novelcoronavirus or call the OC Health Care Agency’s Health Referral Line at (800) 564-8448.