

## What To Do If You Have Received COVID Testing And Are Awaiting Your Results

OR

### If You Are Confirmed COVID Positive

- **Self-quarantine.** Do Not go to school, work, or public areas such as malls, restaurants. Do not use public transportation. You **MUST** stay home.
- **Maintain hydrated.** Drink fluids until your urine is clear. If you have diarrhea, use drinks that replenish electrolytes, such as Pedialyte, Gatorade, or PowerAde. Lower sugar or sugar free options are preferred.
- **Stay Separated.** Stay in a separate bedroom and use a different bathroom, if possible. If it is not possible, assume anyone you share a living space with will also get infected.
  - Ask others to care for your pets, if possible.
  - Do not share cups, plates, forks, knives, spoons, towels, clothes, bedding with anyone.
  - Ask someone to do your grocery shopping or pick up your medications for you.
  - Shared spaces should be well ventilated and have good air flow, either by using an air conditioner or opening a window.
- **Hygiene.** Wash your hands, cover your cough.
  - Wash your hands with soap and water for at least 20 seconds.
  - Using hand sanitizer that contains more than 60% alcohol. Rub your hands together until your hands are dry.
  - Use a mask, if possible. If not, cover your coughs and sneezes with a tissue.
- **Cleaning**
  - Clean any surfaces that contain blood, stool, or bodily fluids, as these may spread the virus to others.
  - Cleaning products effective against COVID can be found [here on the American Chemistry Councils publishing](#). If the product you are using is on this list, it can be used to disinfect surface of COVID
- **Medical Attention.** Call before you go.
  - If you plan on seeking medical attention, it is important to **call your doctor or clinic first** and let them know you have COVID. This will let your doctor decide the best way to evaluate you while protecting others.
  - If possible, put on a fast mask before leaving your quarantined area.
- **Monitoring Your Symptoms**
  - If you feel short of breath, or are having trouble breathing, **seek immediate help**. Inform them that you have COVID
  - If possible, monitor your temperature and oxygen saturation while under quarantine.

For more information regarding home guidance for COVID 19 patients, visit this [CDC webpage](#)