WHAT TO DO IF YOU TEST POSITIVE FOR COVID

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It is important to plan ahead and act decisively in the event that you test positive for COVID. If you're in public or around people when you learn you are positive, put on a mask immediately. Then isolate yourself to protect others as quickly as possible, even if you don't have symptoms.

The U.S. Centers for Disease Control and Prevention recommends isolating for five days if you are asymptomatic or if you do not have a fever and your other symptoms are improving, followed by five days of wearing a mask when you are around people. The CDC previously recommended isolating for 10 days. If you have a fever, the agency advises you to stay home until the fever resolves. Read more about the new CDC guidelines.

The New York Times offers physician guidance (excerpted on this website) for what to do if you test positive. If you live with roommates or family, try to separate yourself from other people (and animals) as much as possible.

Isolating in a home with other people may be difficult but do the best you can. That means staying in your room, away from other members of the household, even for meals. Someone should deliver food to your bedroom door if possible. If the home has more than one bathroom, designate one just for the infected person. If the infected person is a child or older person who needs assistance, both the caregiver and the infected person should wear a mask when the caregiver enters the room, and open the windows if possible.