

HEALTH & SAFETY GUIDELINES

Updated August 15, 2023

What to do if you test positive for COVID-19

Monitor your symptoms. If you have any emergency warning signs, go to the ER.

Regardless of vaccination status, you should isolate from others

- Stay home for at least 5 days and away from others in your household.
- Isolation & exposure calculator: ldh.la.gov/page/calculator
- Wear a KN95 mask if you can't stay away from other people.
- Do not go to places where you are unable to wear a mask.
- Use a separate bathroom, if possible.
- Don't share personal household items, like cups, towels, and utensils.

You should also isolate if you are sick and suspect you have COVID-19, but do not yet have test results.

If you are having symptoms of COVID-19 and waiting for your test results, **stay home until you get results.**



**If you test NEGATIVE,
you can end your isolation.**



**If you test POSITIVE,
follow the full isolation
recommendations above.**

Ending isolation

End isolation based on how severe your symptoms were.

If you had **no** symptoms, you may end isolation after day 5.

If you had symptoms and:

YOUR SYMPTOMS ARE IMPROVING

You may end isolation after day 5 IF:

- You are fever free for 24 hours (without the use of fever-reducing medication)

YOUR SYMPTOMS ARE NOT IMPROVING

Continue to isolate until:

- You are fever free for 24 hours (without the use of fever-reducing medication)
- Your symptoms are improving

If you had symptoms and had:

MODERATE ILLNESS, SHORTNESS OF BREATH, DIFFICULTY BREATHING

Isolate through day 10

SEVERE ILLNESS, HOSPITALIZATION, WEAKENED IMMUNE SYSTEM

Isolate through day 10

- Consult your doctor before ending isolation.
- Ending isolation without a viral test may not be an option for you.

Regardless of when you end isolation, until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Wear a KN95 mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).

Removing your mask

- After ending isolation, when you are feeling better (no fever without use of fever-reducing medication)
- Wear your mask through day 10

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.
- If antigen test results are positive, continue wearing a mask and wait at least 48 hours before taking another test.

After you ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0.