I tested positive. What happens now?

**Stay home.**

Stay in one room away from others in your household, including pets.

Have sole use of a bathroom.

Wear a cloth face covering.

Don’t share personal household items like cups, utensils and towels.

**At Home care**

Keep track of any symptoms and check your temperature two times a day.

Watch for common symptoms: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.

Be alert for severe symptoms: trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

Call your doctor or health care provider if your symptoms get worse

 You can also contact them to ask about pain and fever medication.

Get rest and stay hydrated.

**Public Health Staff will ask you about your close contacts.**

Over a number of days, staff will call you and your contacts. This is called contact tracing and it’s a core public health function that helps stop the spread of the disease.

**When can I stop self-isolating?**

If you tested positive for COVID-19 and have symptoms, wait at least 10 days from the time your symptoms first appeared. You can also wait at least 72 hours since you’ve had a fever without using fever-reducing medication, and your other symptoms have improved.

If you tested positive for COVID-19 and you don’t have symptoms, wait at least 10 days from the day you received your test results.