WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

The following guidance has been adopted by IDPH for the general public and schools. Healthcare personnel and other specific groups and settings should continue to follow their respective guidance.

I HAVE SYMPTOMS   VS.   I DON'T HAVE SYMPTOMS

WHAT ARE THE KEY DIFFERENCES?

I HAVE SYMPTOMS
- Isolate for 5 full days from the date you first experienced symptoms
- If after 5 days you are fever-free for 24 hours without the use of fever reducing medication and your symptoms have improved, you can end isolation BUT continue to wear a mask around others for 5 additional days

I DON'T HAVE SYMPTOMS
- Isolate for 5 full days from the date your test was performed BUT continue to wear a mask around others for 5 additional days

At this time, you cannot test out of isolation. If you have tested positive, you should isolate from others even if you have received a negative test result on other tests.

WHAT TO DO:

- While isolating, wear a mask if others could have contact with you
- Tell your healthcare provider about your positive test result and follow any guidance provided
- Monitor your symptoms and call your healthcare provider if your symptoms get worse
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel for an additional 5 days
- Do not go to places where you are unable to wear a mask and avoid eating around others at home and at work while isolating and for an additional 5 days after you end isolation
- Tell your close contacts they may have been exposed to COVID-19
  - A close contact is anyone you had contact with in the last 48 hours who was within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period
  - Advise your close contacts to wear a mask for 10 days after they last had contact with you
  - Advise your close contacts to get tested 5 days after they last had contact with you
  - For further instructions for close contacts, please see our infographic 'What Should I do if I was Told I was a Close Contact to Someone with COVID-19?'

Emergency Medical Care:
- Seek emergency medical care immediately if you have:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Pale, grey, or blue-colored skin, lips, or nail beds, depending on skin tone
  - This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you
- Call 911 or call ahead to your local emergency facility and notify the operator that you are seeking care for someone who has COVID-19

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WHAT SHOULD I DO IF I WAS TOLD I WAS A CLOSE CONTACT TO SOMEONE WITH COVID-19?

The following guidance has been adopted by IDPH for the general public and schools. Healthcare personnel and other specific groups and settings should continue to follow their respective guidance.

WHAT IS A CLOSE CONTACT?

A close contact is anyone who had contact with someone with COVID-19 in the last 48 hours and was within 6 feet of them for a cumulative total of 15 minutes or more over a 24-hour period.

If you:

1) Are 18 or older and boosted
   OR
2) Are 5-17 and fully vaccinated
   OR
3) Have tested positive for COVID-19 with an antigen or PCR test (or other types of NAATs) in the last 90 days

If you:

1) Are unvaccinated or not fully vaccinated
   OR
2) 18 or older and not boosted

WHAT ARE THE KEY DIFFERENCES?

- Wear a mask around others for 10 days after your last exposure
- Get tested 5 days after your last exposure if possible

- Stay home for 5 days after your last exposure. If possible, stay away from people you live with, especially people who are at higher risk for getting sick from COVID-19
- Continue to wear a mask around others for 5 additional days
- Get tested 5 days after your last exposure if possible

For the definitions of fully vaccinated and boosted click here.

ADDITIONAL CONSIDERATIONS:

If you start experiencing symptoms:
- Get tested immediately
  - Symptoms of COVID-19 may include 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, or diarrhea
  - If you test positive for COVID-19, please see our infographic 'What should I do if I test Positive for COVID-19?' for further information
- Immediately isolate until a negative test confirms symptoms are not caused by COVID-19

Do not travel during your 5-day quarantine period. After you end quarantine, avoid travel for an additional 5 days

Do not go to places where you are unable to wear a mask and avoid eating around others at home and at work until 10 days after your last exposure

I am a close contact to someone in my household:
- If possible, avoid continuous exposure to the household member by:
  - Staying in separate rooms
  - Not sharing bathrooms if possible
  - Wearing a mask when in contact with the household member through their isolation period
  - Frequently cleaning high touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks
  - If possible, 1 member of the household should care for the infected person to limit the number of people in contact with them

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