



CPH Employee your test has come back POSITIVE for Covid-19 - what now?

Isolate and contact trace:

Follow the instructions that Employee Health has provided.

- **Isolate yourself** from others except for urgent medical needs.
- Be sure to **wear a mask and maintain a 6 foot distance** if you cannot avoid contact with other people.
- **Contact everyone that you have been in close contact with beginning 2 days before your positive test or 2 days before your symptoms started**- whichever is earlier (*A close contact is anyone you have been within 6 feet of for a total of 15 minutes in a 24 hour period*) Let your contacts know that they have been exposed to Covid 19, monitor symptoms and get tested. Breakthrough cases do happen. **Follow the same instructions even if you have been vaccinated.**

Caring for yourself at home

- **Primary Care:** If you have a primary care provider, notify them of your status.
- **Prepare Yourself:**
 - Make sure you have all your important contact information on hand, along with your medical history and any medications you are taking.
 - Connect with family or friends that can check on you and safely drop off the items you need during quarantine.
- **Isolate and manage symptoms** at home with over the counter medications.
 - Fever: Acetaminophen
 - Headache: Acetaminophen or Ibuprofen
 - Cough in adults: Cough medicine
- **Stay Hydrated** by drinking plenty of fluids, consider electrolyte drinks if you are losing a lot of fluid due to diarrhea
- **Expect to need extra rest initially**, then increase activity and movement as you are able.
- **Incorporate Proning Exercises:** (*See Breathing Exercises to the left*)
Turning on to your stomach or “proning” while in bed, helps fully expand your lungs and may help ease cough and boost oxygen levels.
- **If you are high risk for severe illness because of your age, weight or other medical conditions, you may qualify for Monoclonal Antibody Therapy (MAB) :** *Must be ordered by a physician.*
MAB is most effective when started as soon as possible, and within 10 days of symptom onset. The FDA has authorized this treatment for emergency use for eligible patients over age 12 regardless of vaccination status. Call your provider or the statewide COVID helpline at (907) 646-3322 for more information or go to urgent care for evaluation.

Breathing Exercise

Deep breathing can help open up your lung tissue and make you feel better as you recover from Covid-19.

- Lie or sit with your back straight, and put one hand on your chest and the other hand over your belly button.
- Breathe in slowly through your nose while pushing your belly button outward.
- Hold your breath for a few seconds, then slowly exhale.
- *Repeat for a full minute.*

When to get re-checked:

- **Breathing:** Alert your health care provider if you develop more shortness of breath. This is most likely about a week after infection, but some people initially improve and feel worse again after 2 weeks.
- Consider having someone get you a **pulse oximeter** at a local pharmacy to put on your finger to check your oxygen saturation level. If your oxygen reading is below 94% when you are resting, contact your primary care provider or go to the emergency department.
- **Contact your provider for the following symptoms:**
 - Chest pain/tightness
 - Dizziness
 - Confusion





CPH Employee your test has come back POSITIVE for Covid-19 - what now?



Pregnancy Considerations:

- Pregnant patients are at high risk for developing **Severe COVID**
- Contact your OBGYN or family doctor at the onset of your isolation period for additional monitoring and instructions

When can I stop Isolation/Quarantine?:

- **Employee Health will guide the process for ending isolation/quarantine:**

Your anticipated quarantine end date is : _____

We anticipate you may return to work on: _____ *(pending course of illness)*

- **For people who had symptoms:** For most people with a current laboratory-confirmed Covid 19 infection, isolation can be stopped 10 days after symptom onset AND when there has been no fever for at least 24 hours without medications that affect temperature AND other symptoms have improved.
- **For people who did not have symptoms:** Isolation can be discontinued 10 days after the first positive Covid-19 test.

How do I prevent re-infection?

Extensive research from many countries confirms that the best protection against a second bout of Covid-19 infection is to **get vaccinated**. You can be vaccinated as soon as you are out of isolation (usually 10 days) unless you got MAB treatment, in which case you need to wait 3 months.

If you have questions about isolation, quarantine, or general COVID-19 questions,
please call **Employee Health 907-714-4000**.

If your symptoms are worsening or if you need emergency medical care, contact your doctor or call 911.