

COVID-19 Positive Patient Instructions

You have COVID-19. What you are recommended to do:

1

STAY HOME

EVERYONE who tests positive for COVID-19, regardless of vaccination status, is recommended to stay home until they are no longer infectious.

Most persons sick with COVID-19 are considered infectious 1-2 days prior to symptom onset and the 2-3 days after:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days (to minimize the risk of infecting others).
- If you have a fever, **continue to stay home** until your fever resolves.

SYMPTOMS: People with COVID-19 can have had a wide range of symptoms – from asymptomatic or mild to severe illness. Anyone can have mild to severe symptoms. Symptoms can 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. This list does not include all possible symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. *NOTE: Loss of taste and smell may persist for weeks or months after recovery*

The above guidance applies to both unvaccinated and vaccinated individuals. **REMINDER:** All persons who are experiencing an illness should stay home while they are ill, even if they test negative for COVID-19 or receive an alternative diagnosis.

2

TELL YOUR CLOSE CONTACTS THEY MAY HAVE BEEN EXPOSED

If you have a positive diagnostic test result, you should notify all of your close contacts, as defined below, that they may have been exposed. A close contact is any of the following people who were exposed to you while you were infectious.

DEFINITION OF A CLOSE CONTACT:

- All members of your immediate household/residential setting.
- Any person who was less than 6 feet away from you for more than 15 consecutive minutes **AND** the positive person, the contact, or both were not wearing a face covering during the interaction. Acceptable face coverings are described in CDC guidance at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



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3

WATCH FOR WARNING SIGNS THAT YOU NEED TO CONTACT YOUR HEALTHCARE PROVIDER

If someone has any of the following symptoms, they should seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you or call 911.



**DIFFICULTY
BREATHING**



**PRESSURE
OR CHEST
PAIN**



**BLUISH
LIPS OR
FACE**



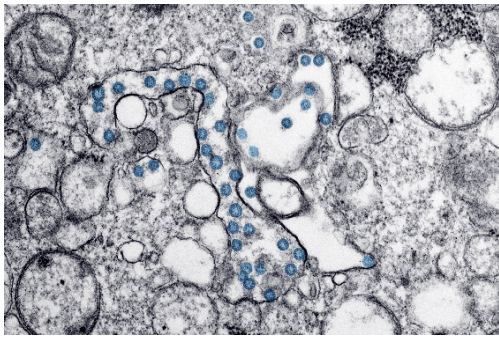
**CONFUSED
OR HARD
TO WAKE**



**OTHER
SERIOUS
SYMPTOMS**



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COVID-19 Exposure Instructions

SYMPTOMS: People with COVID-19 can have had a wide range of symptoms – from asymptomatic or mild to severe illness. Anyone can have mild to severe symptoms. Symptoms can 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. This list does not include all possible symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. *NOTE: Loss of taste and smell may persist for weeks or months after recovery*

You have been EXPOSED to COVID-19. What you are advised to do:

1

IF YOU:

- Have been boosted **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months **OR**
- Completed the primary series of J&J vaccine within the last 2 months

1. Wear a mask around others for 10 days.
2. Test on day 5, if possible.
3. If you develop symptoms, get tested and stay home.

2

IF YOU:

- Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted **OR**
- Completed the primary series of J&J over 2 months ago and are not boosted **OR**
- Are unvaccinated

1. Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
2. If you can't quarantine you must wear a mask for 10 days.
3. Test on day 5, if possible.
4. If you develop symptoms, get tested and stay home.

3

HOW TO GET TESTED FOR COVID-19

- Contact your healthcare provider **OR**
- Get a free Test Iowa at-home test kit (these are NOT rapid tests) **OR**
- At-home rapid test kit

How to get free Test Iowa At-Home test Kits

- Visit testiowa.com to find locations for pick-up of test kits **OR** request up to 5 test kits to be mailed to your home.
- Pick up test kits (limit of 5) from Delaware County Public Health, RMC East Office Building, 613 West Main Street in Manchester Monday-Friday from 8AM-4PM. You do not need to call ahead.



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HOW TO GET VACCINATED FOR COVID-19

The following businesses are administering COVID-19 vaccines:

- **Regional Family Health:** Patients of RFH can request vaccines during appointments. Vaccines are available at the Manchester, Strawberry Point & Winthrop locations. If you do not have an upcoming appointment but would like to receive the vaccine, call Regional Family Health at 563-927-7777.
- **Brehme Drug:** brehmedrug.com 563-927-3509
- **Clayton Drug:** claytondrug.com 563-933-4762
- **Delaware County Public Health:** 563-927-7551
- **Hartig Drug:** hartigdrug.com -- Dyersville 563-875-2552 -- Independence 319-334-7155 -- Monticello 319-465-4906
- **Nightingale Drug:** nightingaledrug.com -- Dyersville 563-875-7455 -- Monticello 319-465-4404
- **Scott Pharmacy:** scottrx.com 563-425-4530
- **Walmart:** walmart.com -- Manchester 563-927-4988 -- Independence 319-334-7131
- **Widner Drug:** widnerdrug.com 563-927-4463
- **CVS Pharmacy:** cvs.com/immunizations/covid-19-vaccine
- **Hy-Vee:** hy-vee.com/my-pharmacy/covid-vaccine
- **Vaccine Iowa:** vaccinate.iowa.gov
- **Walgreens:** walgreens.com/schedulevaccine 800-WALGREENS (800-925-4733)
- **2-1-1 Help:** Call 211 or 800-244-7431 and a vaccine navigator will help you schedule a vaccine appointment



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