



**PCPHA**  
PLUMAS COUNTY PUBLIC HEALTH AGENCY



Growing Healthy Communities

## What to do if I tested positive for COVID-19

If you test positive for COVID-19, there are a few very important steps you should take to keep both yourself and those around you safe:

- (1) **isolate** by staying home and away from other people, and
- (2) **inform** those you may have exposed, and
- (3) **watch** for symptoms and seek healthcare if needed.

You should inform anyone that you spent time with that they may have been exposed to COVID-19.

You should isolate (stay home and away from others). Contact a healthcare provider regarding available treatments and any questions concerning your care, especially if you are at a higher risk for serious COVID-19 illness.

**If you test positive for COVID-19, regardless of your vaccination status, previous infection, or lack of symptoms, you should isolate (stay home and separate yourself from other people) for at least 5 full days after your positive test. Day 0 is the date of your positive test (or start of symptoms if those came before your positive test). Starting counting from Day 1, the day after Day 0.**

**You may end isolation after Day 5 (or later) IF:**

- You test on Day 5 (or later) and that test is negative;

**AND**


- You have not had a fever for 24 hours without using fever-reducing medication; AND

- You have not had any COVID-19 symptoms; or it has been over 5 days since any symptoms started and those symptoms are improving.

If you do not meet the criteria above, you should continue to isolate through Day 10 or later if you still have a fever.

**If you have recently tested positive for COVID-19 and would like guidance on how long you may need to stay home for based on your circumstance, please contact the Plumas County Public Health COVID Unit at 530-283-6119.**

<https://www.plumascounty.us/2839/COVID-19-Home>

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