

## If You Have Tested Positive for COVID-19

Positive results will be given to you, most likely, from a health care provider or the lab where your sample was tested. Very rarely will a public health nurse or contact tracer be your first contact with the news your test was positive. Once you have been notified, usually within 72 hours of test results being available, it is quite important for you to begin isolating as soon as possible. Even if you do not feel ill, please know it is still possible for you to transmit the disease to others.

Please follow these simple guidelines and recommendations to help yourself recover quicker and stop the spread to your loved ones or the general public:

- You must restrict activities and movements that could put you in contact with non-positive residents during the isolation period. Please stay home. Do not go to work, school, church, the gym, grocery store, friends or family's homes, etc. once your positive diagnosis has been made.
- Please arrange with family and friends outside your home to have food and other items delivered to your home and left outside your door. If you do not have someone that can help you in the immediate area, please call the Laura Miller George Help Center in Mexico at 573-581-3238. You can also call 211 and they will help with arrangements.
- Although no specific, widespread treatment has been prescribed to treat COVID-19, doctors and health professionals still recommend you rest, drink plenty of fluids and take acetaminophen to reduce fever associated with COVID-19.
- If severe symptoms develop, please seek medical care immediately. If at all possible, please call your healthcare provider or hospital to alert them of your arrival.

After you have begun your isolation, please make a list of those you believe you were in close contact with two days prior to your first symptom or the date of your test. These would include:

- Intimate partners, others in your household, and people who were within six feet of you for 15 minutes or more over a 24-hour period.
- Because of exposure, those identified should self-quarantine despite symptoms due to it possibly taking up to 14 days for symptoms to appear.

For more information, please contact the Audrain County Health Department at 573-581-1332 or the Missouri Department of Health and Senior Services at 877-435-8411. Also, please see the CDC web site at [www.cdc.gov](http://www.cdc.gov) or our web site at [www.audraincountyhealth.org](http://www.audraincountyhealth.org) for further information.