

# COVID-19 Patient Guidance

**If you tested positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.**

## WHAT TO DO



### **You May Have COVID-19, Please Self-Isolate**

Please stay home while you wait for your test result to prevent unknowingly exposing others. Your lab or medical provider will tell you if you test positive for COVID-19. They will also tell your Local Health Department. You should stay home and only leave to get medical care. Stay in a specific room and away from other people and pets. If possible, try to use a different bathroom.



### **You May or May Not Have Symptoms**

You may have symptoms or no symptoms at all. Symptoms of COVID-19 include fever, chills, cough, tiredness, shortness of breath, headache, sore throat, loss of smell, and more. If your symptoms worsen and you feel you need care, contact your medical provider.



### **If You Test Positive, Your Help is Needed**

If your test is positive, please follow the above self-isolation guidance. Also, please quickly notify your contacts as described below to stop the spread of disease. You may not receive a phone call from your Local Health Department so following this guidance is extremely important.

**If you are called, please share your recent contacts and places you have been in the last few days. This helps slow the spread.**



### **You Can Ask for Help**

If you are sick, please contact your healthcare provider or seek medical care. Additionally, you can reach your Local Health Department by calling 1-844-KYTRACE.

## KEEP OTHERS SAFE



### **Call Your Friends, Family, School, and Work**

If you test positive, please quickly tell your close contacts who should quarantine for 14 days since last seeing you. This is critical to slowing the spread. Close contacts have been around you:

**Starting 2 Days Before Symptoms Began OR Before COVID-19 Test**



**Within 6 feet**



**For 15 Minutes OR MORE**

