You have COVID-19 infection, now what?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community. Please see State Health Officer order for positive cases #2020.5.1.

**Stay home except to get medical care**

People who are mildly ill with COVID-19 can isolate at home during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider’s office take steps to keep other people from getting infected or exposed.

Unless it is an emergency, ALWAYS call ahead before visiting your doctor.

Seek outpatient therapies that prevent serious illness/death if you are a high-risk patient, including:

- Individuals age 65 and older
- Individuals age 55 and older with cardiovascular disease, hypertension, or chronic obstructive pulmonary disease (COPD)
- Individuals age 12 and older with body mass index (BMI) ≥35 (moderate obesity), chronic kidney disease, diabetes, or immunosuppressed
- Individuals age 12-17 with obesity/overweight, sickle cell disease, heart disease, g-tube/tracheostomy or other technologic dependence, asthma or other chronic lung disease requiring daily controller medication

If you think you may meet one of these criteria for being a high-risk patient, please contact your healthcare provider’s office for more information and a possible referral to a COVID-19 outpatient infusion center near you. If you received antibody therapy for COVID-19, COVID-19 vaccination should be deferred for at least 90 days to avoid interference of the treatment with vaccine-induced immune responses.

**Remember:** some of these medications have the best effect if given shortly after your diagnosis, before you have symptoms and/or require hospitalization, therefore please make this call immediately after receiving your positive test result.

**Separate yourself from others in your home and practice healthy habits**

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
YOU HAVE COVID-19 INFECTION, NOW WHAT?

More detailed guidance from CDC is available, see Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities. This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS
You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

DISCONTINUING HOME ISOLATION
You need to remain at home until 10 days have passed since your symptoms began AND you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications AND symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, if they are asymptomatic for the duration of their isolation.

It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures.

You should wait until your isolation is over before receiving COVID-19 vaccine. After you are vaccinated, you are exempted from quarantine if you meet ALL the following criteria:

- Are fully vaccinated (i.e. ≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose of a single-dose vaccine).
- Have remained asymptomatic since the current COVID-19 exposure.

If you are fully-vaccinated and exposed again to COVID-19, you do not need to quarantine or get tested for COVID-19 following your exposure as long as you remain asymptomatic.

For additional COVID-19 questions, call the NDDoH public health hotline at 1-866-207-2880, between 8 a.m.-5 p.m. Monday through Friday.