

WHAT TO DO IF YOU HAVE TESTED POSITIVE FOR COVID-19 OR ARE WAITING FOR TEST RESULTS - UPDATED AUG. 28, 2020

The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

If you are sick and waiting for test results or tested positive for COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and in West Virginia communities.

COMMON SYMPTOMS OF COVID-19

- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Sore throat
- Recent loss of taste or smell

PERSON-TO-PERSON TRANSMISSION

- Occurs via small droplets from the nose or mouth of the infected person when they cough, sneeze, or exhale.
- Virus can remain on surfaces for a limited time period. Although less common, transmission may occur from touching contaminated surfaces and then touching your eyes, nose or mouth.

GENERAL PREVENTION

- Learn about COVID-19 from reputable sources.
- Maintain physical distance of at least 6 feet between yourself and others.
- Encourage proper handwashing.
- Clean and sanitize surfaces often.
- Do not share food, drinks, etc.
- Wear cloth face coverings.
- Stay home if you feel sick.
- Isolate sick individuals.

STAY AT HOME

- You should restrict activities outside your home, except for getting medical care.
- Do not go to work, school, or public areas. If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19 prior to arriving at the facility. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.
- Avoid public transportation, ride-sharing, or taxis.

SEPARATE YOURSELF FROM OTHERS

- As much as possible, you should stay in a specific room and away from other people and pets in your home.
- Use a separate bathroom, if available.

TAKE PREVENTIVE ACTIONS

- You should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home). You do not need to wear a mask if you are alone. If you cannot put on a mask (for example, because it causes trouble breathing), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people to help protect them.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately clean your hands as described below.
- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing, going to the bathroom, and before eating or preparing food. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

CARE IN YOUR HOME

- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water or put in the dishwasher before being used by others.
- Clean and disinfect all "high-touch" surfaces, including doorknobs, bathroom fixtures, phones, remote controls, bedside tables, and etc. in your "sick room" and bathroom, wear disposable



gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.

- Also clean any surfaces that may have blood, stool, or bodily fluids on them. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household cleaner or disinfectant, according to label instructions.

MONITOR YOUR SYMPTOMS

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). Before seeking care, call your healthcare provider and tell them that you have, or are being evaluated for COVID-19. Put on a face mask before you enter the facility. These steps will help the healthcare provider's office keep other people in the office or waiting room from getting infected or exposed.

MEDICAL EMERGENCY

- If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or may have, COVID-19. If possible, put on a face mask before emergency medical services arrive.

DISCONTINUING HOME ISOLATION

- For individuals who are awaiting test results or have tested positive and are directed to care for themselves at home, discontinue home isolation under the following conditions:
 - At least 10 days have passed since symptoms first appeared; **AND**
 - 24 hours have passed with no fever without the use of fever-reducing medications; **AND**
 - Other symptoms are improving (loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation).

have not had any symptoms may discontinue home isolation when at least 10 days have passed since the date of their first positive COVID-19 test and who have had no subsequent illness.

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304

Individuals with laboratory-confirmed COVID-19 who

