



COVID POSITIVE INSTRUCTIONS

As of July 13, 2022

ISOLATE AT HOME

According to current CDC guidelines you should remain in isolation for at least 5 days after the day of symptom onset. If you were asymptomatic at the time of testing you should remain in isolation for at least 5 days after the positive test date, and if you develop symptoms later the 5 days of isolation start over again.

During isolation you should stay in one place. Do not go to work, school, or public areas and avoid using public transportation, ride-sharing, or taxis.

Complete separation from others in your household is safest, but not always possible for every situation. Stay in one room of your home and use a separate, non-shared bathroom. Wear a mask and ask your family members to do the same—especially when the door is opened to bring you food or remove empty plates. Do not handle pets or other animals while sick.

ENDING ISOLATION

After 5 days, you can end isolation IF your symptoms are gone or improving and you've had no fevers in the last 24 hours (without the use of fever-reducing medication), but you must continue to wear a mask for another 5 days to minimize the risk of infecting others. Otherwise, you should wait until you meet these criteria to end your isolation.

If you were admitted to a hospital with severe symptoms, or if you are moderately to severely immunocompromised, then you should consult your physician to determine when you can safely end your isolation.

RE-TESTING AFTER THE INFECTION

We do not recommend re-testing after isolation to see if your infection is gone. Some people will continue to test positive for several weeks or months but it does not mean they are still infected or contagious.

WHICH VARIANT IS IT?

PCR testing does not tell us which variant is causing your infection, but in King County, the vast majority of infections are from the Omicron BA.2 subvariant.

SYMPTOM RELIEF

You should rest often and drink more fluids. For aches, pains, and fevers you can take Tylenol (or Children's Tylenol) and Motrin (or Children's Motrin). For runny nose, nasal congestion, coughing, or post-nasal drip you can take a decongestant like Sudafed (or Children's Sudafed) – which is available without a prescription, but you must ask the pharmacist directly for this medication. Having a humidifier in the room or breathing warm, moist air from the shower can also help with cough and congestion. Young children may also benefit from nasal saline sprays and suction. Contact your primary care physician for additional guidance.

REASONS TO SEEK EMERGENCY EVALUATION

You should go to the nearest emergency room or call 911 if you have **shortness of breath, persistent chest pain, confusion, increasing dizziness or weakness, or feel that your overall health is deteriorating quickly**. Try to inform the emergency room of your diagnosis before entering the facility.

If you have a significant cough or a chronic lung condition, you may want to purchase a home pulse oximeter from your local pharmacy for about \$40-\$50. Oxygen levels above 92% are generally safe for home isolation during an acute COVID infection. **If your oxygen level drops below 92% for more than 1-2 minutes, you should seek emergency evaluation.**

NOTIFY CLOSE CONTACTS

You became contagious two days before your symptoms began (or two days before your positive test date if asymptomatic). Please notify your close contacts of your COVID-19 diagnosis and tell them what they should do next.

The CDC defines “close contacts” as anyone who was:

- within 6 feet of you for a total of 15 minutes or more within a 24-hour period
- had direct physical contact with you (hugging or kissing)
- shared eating or drinking utensils with you
- were coughed on or sneezed on by you

For close contacts who are fully vaccinated and up to date on their boosters:

- They do not need to quarantine, but they should wear a mask around other people for 10 days after the last contact with you, and have a COVID PCR test at least 5 days after the last contact with you (if possible).
- If they develop any COVID symptoms, they should immediately isolate at home and have a COVID PCR test done.

For close contacts who are (a) unvaccinated, or (b) not up to date on their boosters:

- Their quarantine period should begin immediately and last until 5 days after their last contact with you, followed by a COVID PCR test (if possible) and then strict mask use for an additional 5 days.
- If a 5-day quarantine is not feasible, they must wear a well-fitting mask around other people for 10 days after their last contact with you, and have a COVID PCR test done at least 5 days after their last contact with you (if possible).
- If they develop any COVID symptoms, they should immediately isolate at home and have a COVID PCR test done.

CONSIDER A TREATMENT FOR HIGH RISK PATIENTS

For patients who are at high risk for severe COVID-19 infection, a free treatment with oral Paxlovid or IV Bebtelovimab treatment may significantly reduce the risk of an emergency room visit or hospitalization. The criteria to qualify for these treatments are:

- COVID positive test result with mild to moderate disease AND
- Not requiring additional oxygen due to the COVID infection AND
- Within the first 5 days (Paxlovid) or 7 days (Bebtelovimab) after symptom onset AND
- At least 12 years old and 40 kg weight AND
- At least one *high risk factor for severe COVID-19, hospitalization, or death

***High Risk Factors for severe COVID-19, hospitalization, or death**

- At least 65 years old
- Obese or overweight (BMI > 25, or if 12-17 years of age having a BMI > 85th percentile for their age and gender based on CDC growth charts)
- Pregnancy
- Chronic kidney disease
- Diabetes
- Immunosuppressive disease or immunosuppressive treatment
- Cardiovascular disease (including congenital heart disease) or hypertension
- Chronic lung diseases (for example: chronic obstructive pulmonary disease, asthma [moderate-to-severe], interstitial lung disease, cystic fibrosis, and pulmonary hypertension)
- Sickle cell disease
- Neurodevelopmental disorders (for example: cerebral palsy) or other conditions that confer medical complexity (for example: genetic or metabolic syndromes and severe congenital anomalies)

- Having a medical-related technological dependence (for example: tracheostomy, gastrostomy, or positive-pressure ventilation [not related to COVID-19])
- Other medical conditions or factors that may place individual patients at high risk for progression to severe COVID-19 but are not listed above

If think you may be a candidate for treatment, please visit the Snoqualmie Ridge Urgent Care (425-831-3800, 7 days/week, 10 a.m.-8 p.m.) to complete the screening process.

For more information:

[Paxlovid Patient Fact Sheet](#)

<https://www.fda.gov/media/155051/download>

[Bebtelovimab Patient Fact Sheet](#)

<https://www.fda.gov/media/156153/download>

SANITIZING AFTER ISOLATION

After your isolation period ends, consider opening your windows for a few hours to let your home air out. Wipe down hard surfaces with a disinfectant cleaner. Wash used towels and linens. If there are other soft materials you were around that can't easily be washed, ask any uninfected people in your home to avoid touching them for 1-2 days.

VACCINATION OR BOOSTER AFTER A COVID INFECTION

If you are not already fully vaccinated, the CDC recommends you become fully vaccinated after your isolation period ends. If you are already vaccinated, but overdue for your next booster dose, it is also safe to boost after your isolation period ends.