



Public Health  
Prevent. Promote. Protect.

# Erie County Department of Health

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## What to do if you test positive for COVID-19

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COVID-19 and the flu are caused by viruses that can be can spread through coughing, sneezing or even just talking. Prevent the spread of infections by isolating, masking and avoiding contact with people who have weak immune systems.

If possible, whether you are vaccinated or unvaccinated, **get tested** if you have been exposed to anyone who has COVID-19 or if you have **symptoms** like sore throat, coughing, difficulty breathing, fever or chills, muscle or body aches, vomiting or diarrhea, or loss of taste or smell.

### If results are positive, isolate from others

Also isolate if you are sick and suspect that you have COVID-19 but do not yet have **test** results.

### If you have no symptoms:

- Day 0 is the day you were tested, not the day you receive your positive test result
- Day 1 is the first full day following the day you were tested
- You may end isolation after Day 5
- If you develop symptoms within 10 days of when you were tested, start counting again from the first day of getting symptoms as Day 0

### If you have symptoms:

- Day 0 is the first day of getting symptoms, regardless of when you tested positive
- Day 1 is the first full day after the day your symptoms started
- You may end isolation after Day 5 if:
  - Your symptoms are improving
  - You are fever-free for 24 hours (without the use of fever-reducing medication)
- If you still have fever or your other symptoms have not improved, continue to isolate until they improve.
- If you have moderate illness (shortness of breath or difficulty breathing) or severe illness (hospitalized) or a weakened immune system, isolate through Day 10 or consult your doctor before ending isolation.

### During isolation:

- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible. Don't share personal household items, like cups, towels, and utensils.
- Wear a high-quality mask if you must be around others at home.
- Increase ventilation like opening windows, if possible.
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately.

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving), wear your mask through Day 10.

For more details, visit <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>