

# What to Do If You Test Positive

To control and prevent the spread of COVID-19, it is important for individuals that test positive with COVID-19 to stay home and away from others. Someone who tests positive for COVID-19 can spread the virus to others as early as 2 days before testing positive and throughout the duration of your symptoms.

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## ISOLATE

Isolate for at least 5 full days after the day symptoms originally began (or a positive test if no symptoms).

After 5 days - If your symptoms have not improved OR fever has not resolved for 24 hours, continue to isolate until symptoms have improved and fever has resolved for 24 hours without the use of fever-reducing medications.



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## CONTINUE TO TAKE PRECAUTIONS

- Wear a mask through at least day 10 from when symptoms first began (or a positive test if no symptoms).
- Wash hands frequently.
- Practice physical distancing.
- Stay home when sick.



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## INFORM CLOSE CONTACTS

Depending on vaccination status, quarantine may be recommended.

- NO Quarantine If: up-to-date on vaccination; or had COVID-19 in the last 90 days.
- YES Quarantine If: not up-to-date on vaccination.

Refer to the [Release from Isolation & Quarantine Flow Chart](#) to determine best actions.



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## DISCUSS TREATMENT OPTIONS

Please contact your primary care provider with additional questions or concerns.



**Note:** This guidance does NOT apply to special populations such as severely ill, immunocompromised, those living in congregate settings or healthcare workers.

**Anyone experiencing a life threatening emergency,  
please seek immediate medical attention or call 911.**

**[azhealth.gov/TestedPositive](https://azhealth.gov/TestedPositive)**

