You've tested: POSITIVE

COVID-19

WHAT SHOULD YOU DO?

Self-isolate for at least 5 days from when you tested positive or when symptoms first started. **Stay home**, except to get medical care.

Notify your close contacts that you have tested positive, and they may have been exposed.

Monitor your symptoms - if symptoms get worse, contact your healthcare provider.

Go to your nearest emergency facility or call 911 if you develop emergency warning signs, like chest pain or trouble breathing.

While at home:

- **Separate yourself from others**, use a separate bathroom & don't allow visitors in your home
- **Wear a well-fitted mask** around others & if you go to a healthcare facility
- **Cover your cough or sneeze** with a tissue & throw it away
- **Avoid sharing** dishes, drinking glasses & cups, eating utensils, towels & bedding
- **Frequently clean "high touch"** surfaces - doorknobs, counters, tables, phones, TV remote
- **Do not travel.**

You may end isolation after Day 5 if:

You have **no symptoms OR** you are **fever-free** & your symptoms are **improving**

If you had symptoms and had Moderate Illness

If you have experienced shortness of breath or difficulty breathing, **you need to isolate through day 10**

If you had symptoms and had Severe Illness

If you were hospitalized or have a weakened immune system:
- **Isolate through day 10**
- Consult your doctor before ending isolation.
- Ending isolation without a vial test may not be an option for you.

for more information:
longbeach.gov/covid19 | (562) 570-4636 | @LBhealthdept