COVID-19

Guidance for **persons** who have tested positive for COVID-19

If you have tested positive for COVID-19, it's important that you take precautions to protect other people's health and limit the spread of this illness.

DHEC recommends that you isolate yourself from others and do the following:

1. Do not have direct contact with others.

- Stay home and avoid contact with others.
  - Do not go to work or school during this period.
  - Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares.
- Do not go to crowded places (such as shopping centers and movie theaters) or participate in public activities.
- Avoid contact with others in your home. Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Keep your distance from others (about 6 feet) and don't allow visitors.
- Avoid contact with pets and other animals. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask or cloth face covering.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.
- Wear a facemask, if avaliable, when around other people. If you can't wear a facemask, others should wear a facemask, if avaliable, when they're around you.
- Avoid sharing personal and household items such as dishes, bedding, towels, and other items. Wash these items thoroughly after you use them.
- Clean 'high-touch' surfaces frequently with a household spray or wipes. These surfaces include such things as counters, doorknobs, bathroom fixtures, phones, keyboards, and lamps.
- DHEC recommends that you do these activities until your symptoms are better AND at least 10 days have passed since you became ill AND you have been fever free without the use of fever-reducing medication for 24 hours. If you do not have symptoms but have tested positive for COVID-19, DHEC recommends that you do these activities until 10 days have passed since the date you provided a sample for testing.
  - If you have been severely ill or have a severely weakened immune system, you may need to isolate until **20 days** have passed since your illness began AND you have been fever free without the use of fever-reducing medication for 24 hours AND your symptoms are better. Talk with your healthcare provider about isolating for this longer period.

2. If you need to seek medical care during this time:

- Call your healthcare provider before going to their office.
- If emergency medical treatment is required for any condition, call 911. Tell the 911 operator and the emergency crew that you are in Home Isolation due to COVID-19.

Visit scdhec.gov/COVID19 for more information or call the CARELINE at 1-855-472-3432 for general questions.

CR-012631 7/20