

I got tested. Now what?

TRANSCRIPT

[upbeat music]

[Narration]

You got tested for COVID-19, what should you do if you receive a positive test result?

Regardless of the type of test you use, a positive test is a positive test.

If you receive a positive test result, you should isolate, meaning stay home and away from others. You will need to isolate for at least five days, even if you do not have symptoms.

To prevent the spread of COVID-19 to people living with you while you isolate, you should wear a well-fitting mask at home when you are around others.

If you feel well on day 6, you can return to most activities. For five more days, through day 10:

- Continue to wear a well-fitting mask around others, even at home.
- Do not be around others who are at risk of getting very sick from COVID-19.
- Do not go to places where you will need to take off your mask, such as a restaurant or the gym.
- Avoid travel.

If on day 6, you still feel sick, stay at home until these things are true:

- You have had no fever for at least 24 hours, without using medicine that lowers fevers.
and
- You feel better.

After you feel better, follow all guidance on wearing masks and keeping away from others until the 10 days are done.

If you are unable to wear a mask around others, stay home for at least 10 days. Do not resume activities until day 11.

For specific recommendations on how to isolate and how long you should stay home, visit our If You Are Sick webpage. (www.health.state.mn.us/diseases/coronavirus/sick.html).

[upbeat music]

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