

YOU HAVE COVID-19 INFECTION, NOW WHAT?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community. Please see State Health Officer order for positive cases [#2020.5.1](#).

STAY HOME EXCEPT TO GET MEDICAL CARE

People who are mildly ill with COVID-19 are able to **isolate at home** during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should **restrict activities** outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19. This will help the health care provider's office take steps to keep other people from getting infected or exposed.

Unless it is an emergency, ALWAYS call ahead before visiting your doctor.

SEPARATE YOURSELF FROM OTHERS IN YOUR HOME AND PRACTICE HEALTHY HABITS

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available. You should restrict contact with pets and other animals while you are sick with COVID-19, just like you would around other people.

Also be sure not to share drinks or utensils. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

More detailed guidance from CDC is available, see [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#). This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

DISCONTINUING HOME ISOLATION

You need to remain at home until 10 days have passed since your symptoms began **AND** you are fever free (<100.4°F) for 24 hours without the use of fever-reducing medications **AND** symptoms are improving. Asymptomatic individuals must remain home until 10 days have passed since their specimen collection date, as long as they are asymptomatic for the duration of their isolation.

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It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness. If you would be exposed to COVID-19 again within 90 days of your illness onset, it is not recommended to quarantine for those exposures. For additional COVID-19 questions, call the NDDoH public health hotline at 1-866-207-2880, between 8 a.m.-5 p.m. Monday through Saturday.