



Department of

Public Health

CITY OF PHILADELPHIA

<https://www.phila.gov/programs/coronavirus-disease-2019-covid-19/>

What to do if you test Positive for COVID-19.

If you have tested positive for COVID-19

- alert everyone you have been within 6 feet of for more than 10 minutes while you were sick, and during the 48 hours before you developed symptoms.

1. Write down the day, date and time your symptoms began.

2. List everyone who was in your household since becoming sick.

3. Write down your other close contacts

- From work
- In your car
- In or near your home
- Other places you have frequented

4. Call or text all your contacts to tell them you are sick. Tell them the health department recommends:

- Stay home for 14 days since you were together
- Be on the lookout for symptoms of COVID-19.

Common symptoms include:

- Fever
- Cough
- Shortness of breath

Less common symptoms include:

- Chills, headache and muscle pain
- Sore throat
- New - loss of taste or smell

5. Avoid contact with others

- Do not share personal items
- Use separate bedrooms and bathrooms if possible

6. Keep at least 6 feet from others

- Wear a face mask
- Wash hands often
- Clean and disinfect high touch surfaces every day.
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If they get sick:

- **Follow the steps above and notify everyone they have been in contact with**
- **Call their doctor to let them know they were exposed to someone with COVID-19 and are now sick.**