

DHD#10 REMINDS THOSE WHO TEST POSITIVE FOR COVID TO BEGIN ISOLATING AND NOTIFY CLOSE CONTACTS

Do not wait to hear from the health department

March 12, 2021 – As COVID-19 cases creep up and District Health Department #10 (DHD#10) staff are focused on weekly COVID-19 vaccine clinics, individuals that test positive for COVID-19 are reminded not to wait to hear from the health department before isolating and notifying close contacts to quarantine.

“Unfortunately, we are seeing an uptick in cases again in some of our counties, and with our staff focused on getting residents vaccinated, we aren’t able to initiate case investigations and contact tracing as quickly as we’d like,” stated Kevin Hughes, Health Officer for DHD#10. “We ask that anyone who tests positive for COVID-19 follow the normal protocols for isolation and quarantine.”

Remember to follow these steps:

- If you have [symptoms](#) of COVID-19, such as fever, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea, you should stay home and consider getting [tested](#).
- Get care immediately if you are having [emergency warning signs](#), like trouble breathing, pain or pressure in your chest.
- If you get tested and are waiting for your results, follow [these three steps](#)
NOW:
 - Stay home and monitor your health
 - Think about the people you have recently been around
 - Answer the phone call from the health department or state for [contact tracing](#)
- If you test positive for COVID-19, continue to [self-isolate](#) and don’t wait to hear from the health department. Begin contacting anyone you know you had [close contact](#) with up to two days prior to your onset of symptoms so they can [quarantine](#) to prevent spreading illness to others. If you have no symptoms, count from the date you were tested.
- Because it is unknown how long immunity will last if you have already had COVID-19, and due to new [variants](#) of the virus that causes COVID-19, it is possible to become [reinfected](#). Continue to follow the necessary protocols to [prevent](#) yourself and others from getting sick.
- If you have been [fully vaccinated](#), you should continue to take precautions in public places, like masking, social distancing, and avoiding crowds and poorly ventilated spaces until more is known about how vaccines will affect the spread of COVID-19.



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