



## Unity Care NW Patients: What to do if you test positive for COVID-19

Washington State Department of Health (DOH)

- Call Unity Care NW 360-676-6177 to schedule a COVID PCR test to confirm your results.
- Follow the latest CDC and DOH guidance and isolate at home, away from others
  - People who test positive should isolate. (See back of this sheet for details)
  - All close contacts should quarantine. (See back of this sheet for details)
- Wear a mask while inside and ask others in your home to do the same (preferably a KN95, KF-94, or a 3-ply surgical mask, if possible).
  - There are often gaps when masks are ill-fitting. Knot ear loops where they join the face to improve the mask fit.
  - You may also double mask to tamp down gaps.
- Ventilate your space as much as you can.
  - Set the fan of your heating system to “on” or “high” instead of “auto”.
  - If your home has an HVAC system, make sure it has a fresh filter and change it according to the manufacturer’s instructions.
  - Open the windows briefly to allow fresh air in, when possible.
- Use WA Notify to report your positive home test at <https://www.doh.wa.gov/Emergencies/COVID19/WANotify>
- Reach out to your close contacts and let them know they’ve been exposed and that they should quarantine.
- Stay hydrated, use over the counter medications such as acetaminophen to stay comfortable and manage symptoms.
- Seek medical care if you display the following symptoms:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - Confusion, Inability to wake or stay awake
  - Pale, gray, or blue-colored skin, lips, or nail beds (or an abnormally low reading on a pulse oximeter, if you have one).

Vaccination is still the best defense against COVID-19, especially severe disease. Everyone 16 and over is eligible for a booster, and children 5 and over should start their two-dose series immediately.

## Quarantine



### Who:

- Any unvaccinated or not fully vaccinated individual exposed to a known COVID-19 case but does not have symptoms.

### How:

Stay home and avoid contact with anyone who is not a household member.

### How long:

A 5-day quarantine is required for unvaccinated individuals. Time starts on the last day of exposure.



### Should I get tested?

- Individuals should get tested for COVID-19 3-5 days after exposure.
- If unvaccinated individuals in quarantine develop symptoms, they should get tested for COVID-19 as soon as possible.

If an unvaccinated individual in quarantine tests positive for COVID-19 a 5-day **ISOLATION** begins on the day symptoms started. → → →

## What is the difference?

## Isolation



### Who:

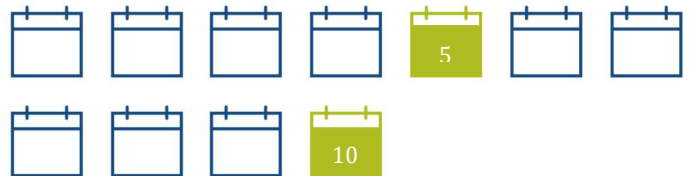
- Any individual that tests positive for COVID-19.
- Anyone that has symptoms of COVID-19.
- Vaccinated or unvaccinated until tested negative.

### How:

Stay home avoid contact with others, including household members. Stay in a separate room and use a separate bathroom if possible.

### How long:

A 5-day isolation required for individual who tests Positive for COVID-19. Isolation begins on the day of onset of symptoms or positive test.



At the end of 5 days if symptoms have resolved for more than 24 hours, you may leave the house but must mask until day 10. **If the individual still has symptoms, keep isolating until day 10 or until symptoms have resolved for 24 hours.**