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.
	+ All close contacts should quarantine.
* 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.