What to do if you have COVID-19

If you test positive for COVID-19, or get sick after you are exposed to someone with COVID-19, you can help stop the spread of COVID-19 to others. Please follow the guidance below.

Symptoms of COVID-19

Common symptoms are fever, cough, shortness of breath, difficulty breathing, chills, muscle pain, headache, sore throat, rigors, nausea or vomiting, diarrhea, fatigue, congestion or runny nose, and new loss of taste or smell. If you have symptoms and have not been tested for COVID yet, call your doctor to seek testing.

Isolate yourself from people and animals in your home

As much as possible, stay in a specific room away from other people and use a separate bathroom if available. Limit contact with pets and other animals. Call Skagit County Public Health at **360-416-1500** if you cannot isolate away from others and would like to stay in our isolation facility.

Stay home except to get medical care. Tell your doctor that you have COVID and get medical advice. Monitor your symptoms.

You should stay home except to get medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis. Ask friends or family members to do your shopping or use a grocery delivery service. **If you need help assistance while in isolation, visit SkagitHelps.org or call Skagit Public Health at 360-416-1500**. Tell your health care provider you have COVID-19. Get medical help quickly if your symptoms get worse (if you have breathing trouble, chest pain, confusion, etc.). Wear a face covering when going to the doctor. If you have a medical emergency and need to call 911, tell the dispatcher that you have COVID-19. If possible, put on a face covering before emergency medical services arrive.

How long should I isolate myself?

1. If you have COVID-19 and **have symptoms**, you can stop your home isolation when:
   o You've been fever-free for at least 24 hours without the use of fever-reducing medication **AND**
   o Your symptoms have gotten better, **AND**
   o At least 10 days have gone by since your symptoms first appeared. If you have a severe immunocompromising condition, talk to your doctor. They may tell you to stay home longer.
2. If you tested positive for COVID-19, but **have not had any symptoms**, you can stop your home isolation when:
   o At least 10 days have gone by since the date of your first positive COVID-19 test, **AND**
   o You have not gotten sick with COVID-19

Prevent the spread of COVID-19

- **Stay away from others.** As much as possible, stay in a separate room. Bring in fresh air where possible.
- **Wear a cloth face covering** when you are around people or pets and before you enter a healthcare provider's office. If you are not able to wear a face covering, people in your household should not be in the same room, or they should wear a face covering if they enter your room.
- **Clean your hands often.** Wash hands with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Do not touch your face with unwashed hands.
- **Cover your coughs and sneezes**. Throw used tissues away and wash your hands.
- **Clean "high-touch" surfaces every day**, like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Use a household cleaning spray or wipe, and follow the directions on the label.
- **Don't share personal items with anyone**, including dishes, drinking glasses, cups, eating utensils, towels, or bedding with people or pets in your home.

What's the difference between isolation and quarantine?

- **Isolation** is what you do if you have COVID-19 symptoms, or have tested positive. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
- **Quarantine** is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop symptoms.

More information is available for your [household members, intimate partners, and caregivers](#).

More COVID-19 Information and Resources

- Skagit Helps, resources to help Skagitonians during COVID: https://skagithelps.org/
- Skagit County COVID-19 Information: https://www.skagitcounty.net/coronavirus

Questions about COVID-19? Call the Washington State Department of Health hotline at **1-800-525-0127 and press #**. For interpretative services, say your language when the call is answered. **Hotline hours**: 6 a.m. to 10 p.m. Monday-Friday and 8 a.m. to 6 p.m. on weekends. For questions about your health, COVID-19 testing, or testing results, contact your health care provider.