

YOU'VE TESTED POSITIVE FOR COVID-19. NOW WHAT?



If your COVID-19 test comes back positive and you feel you cannot safely isolate without food assistance (groceries or prepared meals), we have Resource Coordinators to connect you with the resources you need. Please ask one of the staff at your testing site for assistance.



Isolation – How long do I need to isolate?

- 1) If you have had *no symptoms*, you will need to isolate 10 days from today's date.
- 2) If you have symptoms, you will need to isolate for 10 days from the date your symptoms started.



Once you have isolated for 10 days, you can stop isolation if:

- You have had no fever for 24 hours (without the use of fever-reducing medication)
AND your other symptoms have improved.

What does that mean?



- You must stay home and separate yourself from others until your home isolation ends.
- Do not go to work, school, the grocery store or any public area.
- Arrange for food and other necessities that you may need while you isolate.
- You will receive a survey either by text message or e-mail about your positive COVID-19 test. Please answer the survey questions. Someone from the County will call you to see how you are doing.
- If you believe you have exposed someone to COVID-19 in the last 48 hours, we recommend you let them know so they can get tested.
- For more information about COVID-19 and isolation instructions, please visit the Sacramento County Public Health web site at <https://www.saccounty.net/COVID-19/Pages/default.aspx>.



Resources

Resources we can provide to you during your isolation period are:

- Prepared meals for two weeks
- Groceries
- Food boxes
- Mental health support services
- Health insurance/Cal Fresh enrollment

For more information, contact:

SacCollab@shfcenter.org



Sacramento County COVID-19

COLLAB

**KEEP EACH OTHER HEALTHY
KEEP OUR COMMUNITY HEALTHY**
SacCOVID19Collab.org



THE CENTER
at Sierra Health Foundation

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