

# I TESTED POSITIVE FOR COVID. NOW WHAT?

OK to end isolation  
**AFTER 5** DAYS if...

  You have no symptoms OR fever-free with improving symptoms

  On Day 5, (or 6, 7 8 or 9), you **tested NEGATIVE** on an Antigen Rapid Test  
*taking another PCR test is NOT recommended*

OK to end isolation  
**AFTER 10** DAYS if...

  You have no symptoms OR fever-free with improving symptoms

*You do NOT need to take test to end isolation. Unless you are experiencing symptoms, it is not recommended that you test again for 90 DAYS to avoid "False" Positive results*

WHEN IS  
**"DAY 1"**?

 If you have symptoms  
**DAY 1** is when symptoms started

 If you had NO symptoms  
**DAY 1** is the day after positive test taken

This is a summary. IMPORTANT DETAILS YOU SHOULD REVIEW accompany this graphic

Revised January 26, 2022

Should you decide to retest, **the latest recommendations from LACCD is that you use an Antigen Rapid Test NOT the PCR test (the type currently provided at the college testing centers).** The reason the Antigen Rapid Test is recommended is that the PCR test is ultra sensitive and may show you as positive as many as 90 days after your initial infection.

## INSTRUCTIONS

1. Immediately home-quarantine, see below for updated info
2. Tell your close contacts to home-quarantine
3. Call your doctor/healthcare provider for further direction
4. Continue to monitor symptoms between 11 to 14 days and seek care if symptoms escalate
- 5. Keep in contact with your instructor or supervisor with updates on your condition**
6. Make arrangements for any class/work accommodations if needed
7. Remain in contact with Los Angeles County Department of Public Health (LACDPH)
8. Seek medical attention immediately if you are having difficulty breathing or keeping fluids down

## ISOLATE IF YOU'VE GOT COVID

[Per LA County Public Health 1/19/2022](#)

If you have COVID-19, you must self-isolate regardless of vaccination status, previous infection, or lack of symptoms.

### How long do I need to isolate?

Everyone with COVID-19 must isolate for at least 5 days. How long you have to isolate depends on whether you have symptoms and if you get a negative follow-up viral test on day 5 or later. If you test on day 5 or later, it is better to use an antigen test because NAAT/PCR tests can stay positive even after you are no longer infectious.

**Ending isolation: if you have symptoms and test positive for COVID-19 or if your doctor thinks\* that you have COVID-19**

**Isolation can end after Day 5 ONLY** if all of the following conditions are met:

- You have a negative COVID-19 test\*\* that was collected on day 5 or later and
- You have not had a fever for at least 24 hours without the use of fever-reducing medicine and
- Your symptoms are improving

-OR-

**Isolation can end after Day 10** if both of these conditions are met:

- You have not had a fever for at least 24 hours and
- Your symptoms are improving
  - For most people, if both of the above criteria are met, isolation can end after Day 10\* even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.
  - However, if you have a condition that weakens your immune system or if you were severely ill with COVID-19 you might need to stay home for longer than 10 days. Talk to your doctor about when you can be around other people.

**Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.**

\*If your doctor initially thought your symptoms were due to COVID-19 (and you did not test positive for COVID-19), but they reassessed your diagnosis and decided that you are not infected, you can stop isolating after 24 hours of being fever-free. But if you are a close contact to a person with COVID-19 you must follow the instructions in the “If you develop symptoms” section of the Quarantine and Other Instructions for Close Contacts webpage.

\*\*The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred.

*Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.*

## **Ending isolation: if you test positive for COVID-19 and you never develop symptoms**

**Isolation can end after Day 5 if:**

- You have a negative COVID-19 test\* collected on day 5 or later, and
- You never got symptoms of COVID-19.

-OR-

**Isolation can end after Day 10 if:**

- You never got symptoms of COVID-19.
  - For most people, isolation can end after Day 10, even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.
  - However, if you have a condition that severely weakens your immune system you might need to stay home for longer than 10 days. Talk to your doctor for more information.

**Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.**

\*The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred.

*Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.*