

What to Do If You Test Positive for COVID-19

Ask about treatment

Call a health care provider to ask about [treatment for COVID-19](#) if you have any symptoms. **DO NOT WAIT.** Treatments are safe, free, and highly effective, and need to be taken within 5-7 days of the start of symptoms.

To get treatment, you have three options:

- Call your doctor or an urgent care center.
- Find a Test-to-Treat location, by calling the statewide COVID-19 hotline at 1-833-422-4255 or using the [COVID-19 Test to Treat Locator](#).
- If you don't have insurance or are not able to make an appointment quickly, you can make a free phone or video appointment through California's free telehealth provider. To talk to a healthcare provider within 24 hours, call 1-833-686-5051 or go to sesamecare.com/covidca.

Stay home for at least 5 days** ([isolate](#))

Stay in a room away from other people in your home, to keep them from getting sick. Do not go to school or work or visit public places except for getting medical care. Wear a [well-fitting mask](#) around others for a total of 10 days, especially indoors, to protect others. **Isolation can end after:**

- At least 5 days have passed since you started to feel sick (or since your test was positive if you do not get sick) AND
- 24 hours have passed with no fever without the help of medications AND
- Your symptoms are getting better AND
- You take an antigen test (in most at-home test kits) on Day 5** or later and the result is **negative**.

If you do not test, stay in isolation for at least 10 days.** You can leave isolation after 10 days even if you don't have a negative test if your symptoms are getting better.

Let people know

You can spread COVID-19 to other people starting 2 days before you start to feel sick or get a positive test result. People who were in the same room with you for more than 15 minutes during this time may have been exposed. Call, text, or email them to let them know, or tell them (without using your name) by going to tellyourcontacts.org. Tell them to visit [What to Do If You Are Exposed to COVID-19](#). If you have [CA Notify](#) on your phone, report your test so it can warn people you may have exposed.

Watch for symptoms and [take care of yourself](#)

- Rest and drink plenty of fluids.
- Over-the-counter (OTC) medicines can help you feel better, but they do not cure COVID-19 or stop you from spreading it to others.
- For help finding resources to support you during isolation, call 2-1-1, or visit www.211.org.

*[Disability Information and Access Line](#) (DIAL) can help people with disabilities. Call 1-888-677-1199 or email DIAL@usaginganddisability.org.

Seek emergency medical care immediately or CALL 911 if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- An inability to wake or stay awake
- Pale, gray or blue-colored skin, lips or nail beds (depending on skin tone)

Please call a health care provider for any other symptoms that are severe or concerning to you.



**Scan the QR code to see
interactive links on this flyer.**

