

Guidance for persons who have tested positive for COVID-19

If you have tested positive for COVID-19, it's important that you take precautions to protect other people's health and limit the spread of this illness. DHEC recommends that you isolate yourself, regardless of your vaccination status, and do the following:

1. Do not have direct contact with others.

- Stay home and avoid contact with others.
 - Do not go to work or school during this period.
 - Discuss your situation with your employer or school before returning.
 - DHEC does not provide documentation for returning to work or school. COVID-19 guidance for businesses and schools can be found at scdhec.gov/covid19.
- Do not take public transportation, taxis, or ride-shares.
- Do not go to crowded places (such as shopping centers and movie theaters) or participate in public activities.
- Avoid contact with others in your home. Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Keep your distance from others (about 6 feet) and don't allow visitors.
- Avoid contact with pets and other animals. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with pets and wear a facemask or cloth face covering.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol.
- Wear a mask when around other people and others should wear a face mask when around you.
- Avoid sharing personal and household items such as dishes, bedding, towels, and other items. Wash these items thoroughly after you use them.
- Clean 'high-touch' surfaces (doorknobs, bathroom fixtures, phones, etc.) frequently with a household spray or wipes.
- If you had close contact (within 6 feet for 15 minutes or longer) with anyone during your contagious period beginning 2 days before you began to have symptoms (or 2 days before your test if you have no symptoms), they may have been exposed to the virus. Notify your close contacts immediately that they may have been exposed so that they will know what to do, and refer them to the DHEC website: scdhec.gov/covid19.
- DHEC recommends that you do these activities until your symptoms have resolved AND at least 5 days have passed since you became ill AND you have been fever free without the use of fever-reducing medication for 24 hours. If you do not have symptoms but have tested positive for COVID-19, DHEC recommends that you do these activities until 5 days have passed since the date you provided a sample for testing. If you have no symptoms after Day 5, you can end isolation but must wear a mask around others for 5 more days.
 - If you have been severely ill or have a severely weakened immune system, you may need to isolate until **20 days** have passed since your illness began AND you have been fever free without the use of fever-reducing medication for 24 hours AND your symptoms are better. Talk with your healthcare provider about isolating for this longer period.
- Talk to your healthcare provider about possible treatment options.

2. If you need to seek medical care during this time:

- Call your healthcare provider before going to their office.
- If emergency medical treatment is required for any condition, call 911. Tell the 911 operator and the emergency crew that you are in Home Isolation due to COVID-19.

3. Get vaccinated after you recover.

- If you have not been fully vaccinated, make an appointment to start or complete the COVID-19 series. Visit scdhec.gov/vaxlocator or call 1-866-365-8110 for help with COVID-19 vaccine questions and information.