



Mecklenburg County Public Health Self-Isolation Instructions for COVID-19

WHAT SHOULD I DO IF I TESTED POSITIVE FOR COVID-19?

If you test positive for COVID-19 and/or develop symptoms of COVID-19, you need to self-isolate to avoid spreading the infection to others. This includes:

- Stay home until you have met the criteria to be cleared from isolation (*see below*).
- At home, stay in a specific room or area away from other people and pets. Use a separate bathroom, if available.
- Wear a face covering if you must have contact with others in the home.
- Monitor your symptoms and seek medical care if your symptoms get worse.
 - Call ahead and let them know that you have tested positive for COVID-19.
- Notify anyone with whom you have been in close contact beginning two days before you got sick and encourage them to get tested.

IF I TESTED POSITIVE FOR COVID-19, WHEN CAN I STOP HOME ISOLATION?

If you tested positive for COVID-19, you need to remain home until ALL of the below are true:

- It has been at least **10 days*** from the start of your symptoms (or the date of test if you don't have symptoms) **AND**
- It has been **24 hours** since your fever is completely gone (without using medicine) **AND**
- Your symptoms are better.

*People with conditions that [weaken their immune system](#) might continue to shed virus longer after they recover. If you have a weakened immune system, talk with your medical provider or MCPH for additional instructions.

*People who were [severely or critically ill](#) with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. Talk with your medical provider or MCPH for additional instructions.

Mecklenburg County Public Health does NOT recommend that a negative test be required to return to work after an individual has met the criteria to stop isolation

DO I STILL NEED TO PROTECT MYSELF AND OTHERS AFTER I END HOME ISOLATION?

Yes, you still need to take precautions after you meet the criteria to stop home isolation.

This includes:

- Even after you finish home isolation, you need to continue to [protect yourself and others!](#)
- We do not know yet if people who recover from COVID-19 can get infected again.
- If you develop new or worsening symptoms, please immediately isolate yourself again and contact your medical provider



HOW DO I CONTACT MECKLENBURG COUNTY PUBLIC HEALTH IF I HAVE MORE QUESTIONS?

Questions re: a positive test, ending home isolation

980-314-9400 Option 2

General COVID-19 questions, documentation re: home isolation

980-314-9400 Option 3