

# Recommendations for People with COVID-19

## You tested positive for COVID-19 Here's what to do:

Complete the Health Screening Questionnaire on the LiveSafe app.

Isolate. Stay home for at least 5 days.\*\*



To keep others safe in your home, wear a mask, stay in a separate room and use a separate bathroom if you can.



**Do not travel for 10 days.**



If you can't wear a mask, stay home and away from people for **10 days**.



To calculate the recommended time frames, **day 0** is the day you were tested if you don't have symptoms, or the date your symptoms started.



Contact your health care provider to discuss your test results and available treatment options. Watch for symptoms, especially fever. If you have an emergency warning sign, such as trouble breathing or persistent chest pain or pressure, seek emergency medical care immediately.

**Day 6: Do a self-check. How are you feeling?  
Get a Day 6-8 PCR test\*.**

You could have loss of taste or smell for weeks or months after you feel better. These symptoms should not delay the end of isolation.

SELF CHECK



No symptoms or symptoms improving. No fever without fever-reducing medication for 24 hours.



Negative Gannon\* PCR. You can leave isolation early with a negative Gannon\* PCR result.



Test result positive.



Symptoms not improving and/or still have fever. Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.



Eligible for Gannon\* PCR tests after Day 5 to try for an early release with negative test. Additional Gannon\* PCR tests can be scheduled as soon as 24 hours from your last positive test (based on availability of testing).

If you remain positive, stay in isolation until Day 11.

\*Gannon PCR tests are free of charge. External PCR tests are at the expense of the individual student or employee.

\*\*If you are moderately or severely ill (including being hospitalized or requiring intensive care or ventilation support) or immunocompromised, please talk to your health care provider about when you can end isolation.