

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

MCC STUDENTS AND EMPLOYEES: If you have been exposed to COVID-19, are awaiting COVID-19 test results, and/or exhibiting symptoms of COVID-19, please report this information immediately to MCC for formal notification using MCC's online [COVID-19 Reporting Form](#).

The following guidance has been adopted by IDPH for the general public and schools. Healthcare personnel and other specific groups and settings should continue to follow their respective guidance.

ISOLATION

I HAVE SYMPTOMS

VS.

I DON'T HAVE SYMPTOMS

- Isolate for 5 full days from the date you first experienced symptoms
- If you had moderate or severe illness or have a weakened immune system, isolate for 10 full days; consult your doctor before ending isolation

- Isolate for 5 full days from the date your test was performed

At this time, you cannot test out of isolation. If you have tested positive, you should isolate from others.

MASKING

I HAVE SYMPTOMS

VS.

I DON'T HAVE SYMPTOMS

- If after 5 days you are fever-free and diarrhea/vomiting free for 24 hours without the use of medication and your symptoms have improved, end isolation BUT continue to wear a mask around others for 5 additional days
- If you isolated for 10 full days, you do not need to mask past day 10

- After 5 days, end isolation BUT continue to wear a mask around others for 5 additional days

The above are general instructions to determine when to remove your mask. If you prefer, you can use a test-based strategy to decide when to remove your mask. Test yourself using an antigen test (like a home test) the day after you end isolation and two days later. If both tests were negative, you may remove your mask. If either test was positive, continue to test every two days until two tests in a row are negative.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

WHAT TO DO

- Wear a high-quality mask if you must be around others at home and in public
- Do not go places where you are unable to wear a mask
- Do not travel
- Stay home and separate (isolate) from others as much as possible
- Use a separate bathroom, if possible
- Take steps to improve ventilation at home, if possible
- Don't share personal household items, like cups, towels, and utensils
- Monitor your symptoms. If you have an emergency warning sign (like trouble breathing), seek emergency medical care immediately
- Let anyone you were around recently know that you have COVID-19
 - Anyone who was exposed can view our infographic '[What Should I do if I was Exposed to COVID-19?](#)'
- Learn more about what to do if you have COVID-19

For more information, please visit mcdh.info