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.

WHAT ARE THE KEY DIFFERENCES?

I HAVE SYMPTOMS

- Isolate for 5 full days from the date you first experienced 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, you can end isolation BUT continue to wear a mask around others for 5 additional days.

I DON’T HAVE SYMPTOMS

- Isolate for 5 full days from the date your test was performed BUT continue to wear a mask around others for 5 additional days.

At this time, you cannot test out of isolation. If you have tested positive, you should isolate from others even if you have received a negative test result on other tests.

WHAT TO DO

- While isolating, wear a mask if others could have contact with you.
- Tell your healthcare provider about your positive test result and follow any guidance provided.
- Monitor your symptoms and call your healthcare provider if your symptoms get worse.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel for an additional 5 days.
- Do not go to places where you are unable to wear a mask and avoid eating around others at home and at work while isolating and for an additional 5 days after you end isolation.
- Tell your close contacts they may have been exposed to COVID-19:
  - A close contact is anyone you had contact with in the last 48 hours who was within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period.
  - Advise your close contacts to wear a mask for 10 days after they last had contact with you.
  - Advise your close contacts to get tested 5 days after they last had contact with you.
  - For further instructions for close contacts, please see our infographic ‘What Should I do if I was Told I was a Close Contact to Someone with COVID-19’.

Emergency Medical Care:

- Seek emergency medical care immediately if you have:
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Pale, grey, or blue-colored skin, lips, or nail beds, depending on skin tone
  - This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you
- Call 911 or call ahead to your local emergency facility and notify the operator that you are seeking care for someone who has COVID-19

For more information, please visit mcdh.info