



What to do if you test positive for coronavirus disease (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease, but some people will get sicker and may need to be hospitalized. If you have tested positive, you should stay home for 10 days from when your symptoms started, and until you have not had a fever for 24 hours, whichever is longer. If you have not had any symptoms, you should stay home for 10 days from your positive test. During these 10 days, you should not go to work or school, should not have guests over or go to other peoples' houses, and should avoid public places. You may seek medical care as needed.

What if I am vaccinated?

While rare, it is possible for vaccinated individuals to test positive for COVID-19. These are called "breakthrough" cases and you should follow the same advice as unvaccinated people who test positive. Snohomish Health District staff call everyone in Snohomish County who tests positive for COVID-19. They may ask you some additional questions about your vaccination history. This is different from quarantine—fully vaccinated individuals do not have to quarantine after exposure to someone with COVID-19. However, if a vaccinated person develops symptoms or tests positive, they need to stay home for 10 days just like any other case.

What should I do if I have an emergency and need immediate care?

If you have a medical emergency you should call 911. Notify the dispatch personnel that you have tested positive for COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

What about my household members and close contacts?

Anyone exposed to you while you were contagious needs to quarantine. Read more about that in the ["What to do if your are exposed" guidance document](#). Snohomish Health District staff will be calling you and they will answer any questions you have about who needs to quarantine and for how long.

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