COVID-19 PATIENT GUIDE

LFCHD COVID-19 INFORMATION 859-899-2222
COVID-19@lfchd.org

If you tested positive for COVID-19 or think you may have COVID-19, please follow this guidance to keep yourself and others safe.

WHAT TO DO

IF YOU THINK YOU MAY HAVE COVID-19, PLEASE SELF-ISOLATE

Please stay home while you wait for your test result to prevent unknowingly exposing others. You may have symptoms or no symptoms at all. Your laboratory or medical provider will tell you if you test positive for COVID-19. They will also tell the health department. You should stay home and only leave to get medical care. Stay in a specific room and away from other people and pets. If possible, try to use a different bathroom.

IF YOU TEST POSITIVE, YOUR HELP IS NEEDED

If you test positive, please follow the above self-isolation guidance until you are released from isolation by the health department. Also, please quickly notify your contacts as described below to stop the spread of disease. Your contacts may not receive a call from the local health department, so following this guidance is extremely important.

IF CONTACTED BY HEALTH DEPARTMENT STAFF, PLEASE SHARE YOUR INFORMATION

If you are contacted by health deparment staff, please share when your symptoms began, recent close contacts, and places you have been in the days during which you were infectious to others. Your period of infectivity begins two days before symptoms started or two days before you tested positive for COVID-19, whichever date is earlier. Your cooperation with sharing information helps slow the spread of the virus.

YOU CAN ASK FOR HELP

If your symptoms require medical attention, please contact your healthcare provider or seek medical care. If you call 911, please let the dispatch know you have tested positive for COVID-19. For general information about COVID-19, call the Lexington-Fayette County Health Department's information line: 859-899-2222.

KEEP OTHERS SAFE

CALL YOUR FRIENDS, FAMILY, SCHOOL, AND WORK

If you test positive, please quickly tell your close contacts who should quarantine for 14 days since their last exposure to you. This is critical to slowing the spread. Close contacts are those who have been around you during the infectious period (with or without a mask):

2 days before case's symptoms or positive COVID-19 test results. + Within 6 feet + For 15 minutes OR more *

**This does not mean just consecutive minutes. For instance, if you spend 5 minutes with someone in the morning, 5 minutes in the afternoon and another 5 minutes later, that is 15 minutes total in 24 hours.*

**Full vaccination allows for an exception to the above quarantine guidance

** Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria†

- Are fully vaccinated (i.e., ≥2 weeks following receipt of the second dose in a 2-dose series, or ≥2 weeks following receipt of one dose of a single-dose vaccine)
- Have remained asymptomatic since the current COVID-19 exposure.

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