

# YOU HAVE COVID-19 INFECTION, NOW WHAT?

If you have been diagnosed with a COVID-19 infection, please follow the steps below to help prevent the disease from spreading to people in your home and community.

## STAY HOME EXCEPT TO GET MEDICAL CARE

People who are mildly ill with COVID-19 can **isolate at home** during their illness. It is very important for you to monitor your health at home for worsening symptoms so that you can be taken care of and treated quickly if needed. You should **restrict activities** outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ridesharing, or taxis. If you have a medical appointment, call the health care provider and tell them that you have or may have COVID-19.

If you have mild-to-moderate symptoms or feel that you may be at high risk for COVID-19 complications, please contact your healthcare provider's office for more information and a possible referral to a COVID-19 outpatient infusion center near you. If you received antibody therapy for COVID-19, COVID-19 vaccination should be deferred for at least 90 days to avoid interference of the treatment with vaccine-induced immune responses.

**REMEMBER:** some of these medications have the best effect if given shortly after your diagnosis, before you have symptoms and/or require hospitalization, therefore please make this call immediately after receiving your positive test result.

## SEPARATE YOURSELF FROM OTHERS IN YOUR HOME AND PRACTICE HEALTHY HABITS

As much as possible, you should stay in a specific room and away from other people in your home. More detailed guidance from CDC is available, see [Preventing the Spread of Coronavirus Disease 2019 in Homes and Residential Communities](#). This guidance also provides information regarding preventative steps for household members, intimate partners, and caregivers in a non-healthcare setting of a person with COVID-19 infection.

## DISCONTINUING HOME ISOLATION

Individuals with a positive COVID-19 test should isolate until 5 days have passed, if the person is asymptomatic, or if symptoms are improving and the individual has been fever free without medication for 24 hours at day five. This isolation period should be followed by five days of wearing a well-fitting mask while around others. It is not recommended you retest for COVID-19 within 90 days from your illness onset if you remain asymptomatic; test results during this time may remain residually positive. If you do become ill again, consult with your healthcare provider regarding your illness.

**Residents of long-term-care facilities and other congregate living settings, and healthcare workers should follow NDDoH guidance [here](#) and [here](#).**

You should wait until your isolation is over before receiving the COVID-19 vaccine; if you received monoclonal antibody therapy for COVID-19, you should wait 90 days before receiving the COVID-19 vaccine.

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For additional COVID-19 questions, call the NDDoH public health hotline at 1-866-207-2880, between 8 a.m.-5 p.m. Monday through Friday.