

Mission:

To protect, promote & improve the health of all people in Florida through integrated state, county & community efforts.



Ron DeSantis
Governor

Scott A. Rivkees, MD
State Surgeon General

Vision: To be the **Healthiest State** in the Nation

I HAVE A POSITIVE COVID-19 TEST WHAT DO I DO NOW?

We are very sorry to hear that you are sick/infected with COVID-19. Here are steps to help you manage through your illness.

FIRST:

What is the date when you first had symptoms: _____?

OR

Had no symptoms? What is the date of your positive test: _____?

- Now get a calendar and count off the next 10 days from symptom onset or date of positive test. (For example: date of symptom onset or date of positive test was August 1, 2021. That is Day 0. So, 10 days of isolation is through August 11, 2021).
- **Write down the date which is 10 days after the date of symptom onset or date of positive test:**
_____.

SECOND:

- If not at home, go home immediately.
- If you work or go to school, notify your employer or your school.
- Isolate at home for **10 days** as calculated above.
- Do not leave home unless it is to seek medical care. Wear a mask when leaving your home. Notify your doctor's office, in advance, that you have COVID-19 and need medical care.
- Separate yourself from other people in your household as much as possible, such as staying in a specific room. Use a separate bathroom, if possible. Minimize, as much as possible, who in your household must interact with you.
- If you have a serious chronic medical condition, you may be at risk for more severe illness from COVID-19. Your doctor should know you have the virus. Please call right away for additional guidance.
- You may return to work/school on Day 11, if you have been fever-free for 24 hours and your symptoms are improving.

THIRD:

- Back up two days from the date you first had symptoms or date of positive test. (For example: Date of symptom onset or date of positive test was August 1, 2021. Two days previous is July 30, 2021.) **Two days previous is:** _____.
- Write down the names of the people you have had close contact in the two previous days up until the time you entered isolation. Close contact is within 6 feet of you for a cumulative 15 minutes or more over a 24-hour period (i.e. three 5-minute exposures for total of 15 minutes).
- Call or email the people on your list of close contacts OR visit <https://tellyourcontacts.org/> to send text or email.
- Also, you can direct them to the <http://madison.floridahealth.gov/> web site to find instructions for close contacts:
 - I am unvaccinated.
 - I am fully vaccinated. (two or more weeks after a 2-dose series or a 1-dose series) OR
 - I have had COVID-19 in the last 90 days.

If you have any questions, you may call the health department at 850-973-5000.

8/12/2021

**Florida Department of Health
in Madison County**

218 SW Third Ave., Madison, FL 32340
PHONE: (850) 973-5000 • CLINIC FAX: (850) 973-5007
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FloridaHealth.gov



How To Talk To Your Close Contacts

What To Do If You Have COVID-19

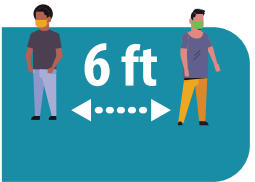
Slow The Spread Of COVID-19

People diagnosed with COVID-19 can still spread the virus even if they don't have any [symptoms](#).

If You Have COVID-19



Stay Home. [Don't leave your home](#) except to get medical care if needed. Avoid being around others for at least 10 days since symptoms first appeared. This includes 24 hours with no fever, without use of fever-reducing medication, and without [other symptoms](#) of COVID-19. For those without symptoms, stay home for at least 10 days after your positive specimen collection date.



Protect Those In Your Household by wearing a [mask](#), staying at least 6 feet away from others in your household, washing your hands often with soap and water for at least 20 seconds, not sharing personal household items (for example, cups, plates), cleaning and disinfecting high-touch surfaces in shared spaces, and [improving ventilation](#) in your home. See suggestions for those living in [close quarters](#) and [shared housing](#).



Notify Close Contacts and let them know you have COVID-19 so that they can [quarantine](#) at home and get [tested](#). You are still considered a close contact even if you were [wearing a mask](#) while you were around someone with COVID-19.

For COVID-19, a [close contact](#) is anyone who you were within 6 feet for a combined total of 15 minutes or more over a 24-hour period.

An infected person can [transmit](#) SARS-CoV-2, the virus that causes COVID-19, starting 48 hours (2 days) before they have symptoms or their positive specimen collection date. Please note people who are infected but do not show symptoms (asymptomatic) and those who do not yet have symptoms (pre-symptomatic) can spread the virus to others. People who have been in close contact with someone who has COVID-19 should [quarantine](#). People with recent exposure to COVID-19 who have been [fully vaccinated](#) may not be required to [quarantine](#). People who were [previously diagnosed with COVID-19](#) within the last three months may not be required to [quarantine](#).



Who Are Your Close Contacts?

People you have been around during the two-day period prior to the start of your symptoms (or if you are asymptomatic, two days before your positive COVID-19 specimen collection date), through to the time you start isolation, are at greatest risk of infection and should be prioritized for notification.

Make A List Of Close Contacts To Notify. Think About:

- Who lives with you?
- Have you gone to work or school?
- Have you gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family over to your house, volunteered, gone to a party, pool, or park)?
- Have you gone to a store in person (for example, the grocery store, mall)?
- Have you gone to in-person appointments (for example, the salon, barber, doctor's or dentist's office)?
- Have you ridden in a car with others (for example, Uber or Lyft) or taken public transportation?
- Have you been inside a church, synagogue, mosque or other places of worship?



Notify People You Have Been Around That They May Have Been Exposed To COVID-19

By letting your [close contacts](#) know they may have been exposed to COVID-19, you are helping to protect them and others within your community. You can call, text, or email your contacts. If you would like to stay anonymous, there is also an online tool that allows you to tell your contacts by sending out emails or text notifications anonymously (www.tellyourcontacts.org).

An Example Of What To Say To Your Contacts:

"Hi. I need to talk to you about something important. Do you have a few minutes to talk privately? I was diagnosed with COVID-19 (or tested positive) on xxx date. We spent time together on xxx date, and I wanted to let you know, so that you can get tested, protect your family and others within and outside your household. CDC recommends that you [stay home](#), separate yourself from others for 14 days except to get medical care, get tested for COVID-19, and continue to monitor your health for [symptoms of COVID-19](#)."