

## NJ Residents with a Positive COVID-19 Test: Instructions & Next Steps

Question	Instructions
<p><b>I tested positive for COVID-19. What should I do now?</b></p>	<p><b>If you are not vaccinated:</b> You must stay home (isolate) until 1 full day (or 24 hours) has passed since you had a fever without the use of fever-reducing medications <b>AND</b> other symptoms are greatly improved <b>AND</b> at least 10 days have passed since symptoms first started, or, if you had no symptoms, stay home 10 days after you received your positive test results.</p> <p><b>If you are fully vaccinated*:</b> You should still stay home (isolate) until 1 full day (or 24 hours) has passed since you had a fever without the use of fever-reducing medications <b>AND</b> other symptoms are greatly improved <b>AND</b> at least 10 days have passed since symptoms first started, or, if you had no symptoms, stay home 10 days after you received your positive test results.</p>
<p><b>What should the people who live in my home do?</b></p>	<p><b>If they are not vaccinated and</b></p> <ul style="list-style-type: none"> <li>• <b>symptomatic</b> (sick; have COVID-19 symptoms), they should get tested <u>and</u> stay home until they get their results. If test results are positive, they should stay home until 10 days have passed since symptoms first started. If test results are negative, they should still <b>quarantine</b> for 14 days**. Get the COVID-19 vaccine when symptoms improve, if eligible.</li> <li>• <b>asymptomatic</b> (not sick; have no COVID-19 symptoms), they should <b>quarantine</b> for 14 days** and monitor for symptoms. Symptoms may take 2-14 days to appear. Get the COVID-19 vaccine, if eligible.</li> </ul> <p><b>If they are vaccinated and</b></p> <ul style="list-style-type: none"> <li>• <b>symptomatic</b> (sick; have COVID-19 symptoms), they should get tested and, if positive, stay home for 10 days. If negative, they may have another respiratory illness. While ill they should avoid others. If symptoms persist, they should seek medical evaluation.</li> <li>• <b>asymptomatic</b> (not sick; have no COVID-19 symptoms), they should get tested 5-7 days after their last exposure to someone who was positive and monitor for symptoms. Wear a mask indoors in public for 14 days after exposure or until they get a negative test result.</li> </ul>
<p><b>Is there treatment for COVID-19?</b></p>	<p>If you are at higher risk due to age or other medical conditions, or if your symptoms worsen and do not get better, especially if you have trouble breathing, call your health care provider. Ask your health care provider about monoclonal antibodies or other therapies.</p>
<p><b>Should I tell other people that they were exposed to COVID-19?</b></p>	<p>Work and/or school supervisors should be informed about your positive COVID-19 test result.</p> <p>People who are <b>not vaccinated</b> and with whom you spent more than 15 minutes over a 24-hour period, were within six feet of, or shared a meal with are at increased risk and should quarantine and get tested at least 5 days after exposed and monitor for symptoms. They should get the COVID-19 vaccine, if eligible.</p> <p><b>Fully vaccinated</b> people and those people who you spent less than 15 minutes over a 24-hour period and were more than six feet away are at lower risk. They should wear a mask indoors for 14 days (or until a negative test) and get tested 5-7 days contact (or if symptoms develop).</p>

\*Fully vaccinated means that a person received two doses of a 2-dose vaccine (Pfizer BioNTech or Moderna) or one dose of a 1-dose vaccine (J&J/Janssen).

\*\*14 days begins after the last possible exposure to an infectious person. While 14 days is the recommended quarantine time, it may sometimes be shortened to 7 or 10 days (see <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>)