

# WHAT TO EXPECT IF YOUR TEST IS POSITIVE?

**If you test positive and have symptoms:** Follow the isolation guidance. Stay home and away from others until at least 10 days have passed after you first became ill AND at least 1 day after you no longer have a fever AND your symptoms (cough, shortness of breath) have improved.

**If you test positive and never develop symptoms:** Stay home and away from others and monitor yourself for symptoms for 10 days. If no symptoms develop in 10 days, you may end isolation on day 11.



**Seek emergency medical care immediately if you have emergency warning signs for COVID-19:**

- Trouble breathing
- Persistent pain or pressure in your chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face



Alameda County  
Health Care Services Agency



Alameda County Public Health Department  
Celebrating Healthy People in Healthy Communities

Colleen Chawla – Agency Director  
Kimi Watkins-Tartt – Director  
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## Contact

Public Health Department:  
(510) 267-8000 Main Line

COVID-19 Information:  
(510) 268-2101

[www.acphd.org](http://www.acphd.org)

