

# I tested positive. What's next?

Please [report your test results to the Health Department](#).

Isolate\* at home away from other people for at least **5 days** after you get your test result.

## How do I end isolation and return to school?

### Regardless of Vaccination Status

- \* If your [COVID-19 symptoms](#) have improved, **AND**
- \* You have been fever free for 24 hours without using medication to reduce your fever
- \* You may return to school on **Day 6**.
- \* If your symptoms are not completely gone, you may choose to wear a mask when you return to school.

### Additional Precautions

- \* If you test positive for COVID-19, it's important to let people you recently spent time with know they may have come into contact with the virus.
- \* You may consider notifying those you recently spent time with. Think about who you were with starting two days before your symptoms began or if you had no symptoms, the day you were tested.
- \* You can share this link for additional guidance: [healthvermont.gov/closecontact](https://healthvermont.gov/closecontact)
- \* Get medical care immediately if you have trouble breathing or chest pain.

### Notify your School

- \* Call Your School Nurse
- \* If you test positive

- \* **Athletes** should check in with their Primary Care Provider before they return to sports



### ISOLATE AT HOME

- \* Get plenty of rest, drink plenty of fluids, and take fever-reducing medication if needed.
- \* Stay home, except to get medical care or if you feel unsafe at home. Wear a mask if you need to leave home.
- \* Call ahead before visiting your health care provider or emergency department and tell them you are isolating because you have COVID-19.
- \* As much as possible, stay in a specific room in your home and use a separate bathroom.
- \* Stay at least 6 feet (or 2 meters) away from others in your home at all times.
- \* Wear a mask if you're in any room with other people or pets, unless you have trouble breathing.
- \* Don't share household items.
- \* Clean and disinfect surfaces, wash household items and wash hands often.