Steps to Follow if Someone Tests Positive for COVID-19

**At Plan to Protect® we recommend the following precautions if you have an individual that:**

1. Has tested positive for COVID-19
2. Has flu symptoms of COVID-19
3. Has been diagnosed with COVID-19?

**Common symptoms:**

The most common symptoms in humans include:

* Cough
* Fever or chills
* Shortness of breath or difficulty breathing
* Muscle or body aches
* Sore throat
* New loss of taste or smell
* Diarrhea
* Headache
* New fatigue
* Nausea or vomiting
* Congestion or runny nose

Note that some of these symptoms are very common and can occur in many conditions other than COVID-19 (coronavirus disease).

**Individuals should stay home or go home immediately if they develop symptoms during programs or events.**

* Individuals who have symptoms (e.g., fever, cough, or shortness of breath) should notify their supervisor and stay home or go home.
* Individuals with such symptoms should follow Public Health guidelines. Individuals should not return to the public or to work or volunteer responsibilities until they meet all the criteria to [end home isolation](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html), in consultation with healthcare providers.

**Program Leaders should**

* Close off areas used by the person who is sick.
* Clean and disinfect touch surfaces, however, for your health and safety it is recommended you wait a minimum of 24 hours or, if 24 hours is not possible, as long as practical before you clean or disinfect.
* Open outside doors and windows to increase air circulation in the exposed area.
* Collect information about the sick person’s contacts among family members and friends for the period starting 2 days prior to symptom onset to identify others who could be considered exposed.
  + If an individual is confirmed infected, inform attendees of their possible exposure to COVID-19 at the location but maintain confidentiality as required by the Privacy laws. The employer should instruct attendees about how to proceed.
* Check temperatures and assess symptoms of attendees ideally before entering the facility or operation.
* If no fever (>100.4 F or >37.2 C) or COVID-19 symptoms are present, the community members should self-monitor for onset of symptoms.
* Notify individuals that were present or may have come in contact with an individual that has tested positive.

Coronaviruses are enveloped viruses. This means they are one of the easiest types of viruses to kill with the appropriate disinfectant when used according to the label directions.

The Canadian Government has published a [list of hard-surface disinfectants](https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html) that are likely to be effective for use against COVID-19. This list is updated regularly.

Although they do not claim to kill viruses such as COVID-19, [cleaners](https://www.canada.ca/en/health-canada/services/home-safety/household-chemical-safety/covid19-cleaning-products-hand-body-soaps.html) can help limit the transfer of microorganisms. For high-touch hard surfaces such as door handles and phones, we recommend cleaning these often with either regular household cleaners or diluted bleach according to the label directions. Use bleach in a well-ventilated area and never mix with other chemical products.

Prepare a diluted bleach solution according to instructions on the label or if using bleach that has a concentration of 5% hypochlorite, add 5 mL (1 teaspoon) of bleach in 250 mL (1 cup) of water, or add 20 mL (4 teaspoons) bleach in 1 litre (4 cups) of water to give a 0.1% sodium hypochlorite solution. Be sure to prepare the solution fresh, when you are intending to use it, and only dilute bleach in water (and not with additional chemicals).

Disinfectants, household cleaners, and bleach are meant to be used to clean surfaces. [Never use these products on the skin or internally](https://healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2020/72983a-eng.php) (e.g., by swallowing or injecting these products) as this could cause serious harm.

**Steps to take if you are sick:**

1. Stay home
2. Take care of yourself
3. Stay in touch with your doctor
4. Avoid public transportation
5. Secure a negative test result prior to returning

As much as possible, stay in a specific room and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.

Tell your close contacts that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immuno-compromised remain infectious no longer than 20 days after their symptoms began. Therefore, CDC has updated the recommendations for discontinuing home isolation as follows:

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

* At least 10 days\* have passed since symptom onset, and
* At least 24 hours have passed since resolution of fever without the use of fever-reducing medications, and
* Other symptoms have improved.

**STAY WELL AND STAY SAFE**

Sources:

[Government of Canada Public Health](https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/measures-reduce-community.html)

[CDC Public Health Recommendations for Community-Related Exposure](https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html)

## [Steps to help prevent the spread of COVID-19 if you are sick](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)