

How to Understand the Test Results

A POSITIVE test result means it is very likely (99%) that you DO have COVID.

- If you are not sure this test is correct, get a PCR test within the next 48 hours or talk to your doctor but **you should still isolate yourself while you wait for results.**

Read below:

About how to isolate to care for your family and community.

- If you had COVID less than 90 days ago, your test may be positive, even after you've finished isolation and are no longer contagious.

A NEGATIVE test result means that you most likely DO NOT have COVID right now.

- Your level might be too low for this test to detect at this moment.
- If you have COVID symptoms (especially loss of smell or taste), we recommend repeating this test in 1-2 days or getting the more sensitive PCR test.
- If you have had close contact with someone who tested positive, repeat this test 5-7 days after exposure, or immediately if you develop symptoms.

IF YOU TEST POSITIVE (vaccinated or unvaccinated)

- **Stay at home for at least 10 days** after you start feeling sick. You can end isolation after 10 days if symptoms are improving, and you are fever free for 24 hours without medications.
- If you never felt sick you can end isolation 10 days after your positive test was collected. Day 1 is the day after symptoms start or day after test date if no symptoms.
- **Stay away from the rest of your household members and do not go out in public—** including going to the grocery store, gas stations or other public areas.
- If you are not completely vaccinated and are over 65 or have medical problems, you may qualify to receive life-saving treatment. Contact a doctor as soon as possible.

Call Public Health to report all positive cases: (707) 565-4667

What if I have been exposed to COVID?

Exposure is defined as have been within 6 feet of someone who currently has COVID-19 for a total of at least 15 minutes over 24 hours

If you are Unvaccinated or Partially Vaccinated:

- **Stay at home** for at least 10 days after your last contact with the sick person and monitor for symptoms for 14 days.
- **If you have symptoms, get tested right away**
- **Do not go out in public—** including the grocery store, gas stations or other public areas.
- Take a PCR test at the laboratory on Day 5 after exposure. If you don't have symptoms, you may end your quarantine after 7 days IF the test is negative.

If you are Fully Vaccinated

(more than 2 weeks after your 2nd vaccine dose)

- If you develop symptoms, **take a test right away.**
- If you don't have symptoms then you are not required to stay home but should get tested 5-7 days after last contact, wear a mask in public indoors and monitor for symptoms for 14 days.

