

# What to do if you test positive:

Follow the latest [CDC and DOH guidance](#) and isolate at home, away from others.

- People who test positive should isolate.
- All close contacts should quarantine.



**Wear a mask while inside and ask others in your home to do the same (preferably a KN95, KF-94, or a 3-ply surgical mask, if possible).**

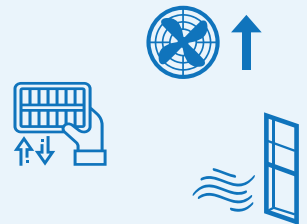


- There are often gaps when masks are ill-fitting. Knot ear loops where they join the face to improve the mask fit.
- You may also double mask to tamp down gaps.
- [Watch a short video demonstration about how to adjust masks to fit better.](#)



**Ventilate your space as much as you can.**

- Set the fan of your heating system to “on” or “high” instead of “auto”.
- If your home has an HVAC system, make sure it has a fresh filter and change it according to the manufacturer’s instructions.
- Open the windows briefly to allow fresh air in, when possible.



**Use WA Notify to report your positive home test, if applicable.**



**Reach out to your close contacts and let them know they’ve been exposed and that they should quarantine.**

**Stay hydrated, use over-the-counter medications such as acetaminophen to stay comfortable and manage symptoms.**



**Seek medical care if you display the following symptoms:**



- Trouble breathing.
- Persistent pain or pressure in the chest.
- Confusion, inability to wake or stay awake.
- Pale, gray, or blue-colored skin, lips, or nail beds (or an abnormally low reading on a pulse oximeter, if you have one).

