



Tuscaloosa Integrative Family Medicine

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There are 4 scenarios:

1. You test Positive.
2. You have flu-like symptoms.
3. You are a CLOSE CONTACT to someone that tests positive.
4. You are a LOW RISK contact to someone who tests positive.

Scenario 1: You test POSITIVE

1. 80% of people that test positive are FINE 😊
2. You need to put on a mask, go home immediately and stay home (Self-quarantine) for the next 14 days.
3. You cannot go out AT ALL, beyond the boundary of your property. Even if you are a runner and can run outside. The answer is NO!
4. If possible, stay away from your family. If possible, stay in a separate room, keep door closed, use your own bathroom and try not to be in the same room as someone else (such as kitchen) and try to use your own utensils and crockery. Stay 3 steps away at any one time and in your own room, you do not need a mask. If you use a common space, such as kitchen or bathroom, use a mask. Of course, if other members of your family also tested positive, then there is no need for these precautions.
5. Monitor your temperature daily and look out for symptoms, such as cough, loss of smell and taste, sore throat, etc.
6. Get your food and anything you need delivered, online deliveries, or friends and family.
7. If you develop symptoms, call your GP or local hospital, and keep them informed. They will advise you when you need to go in, or to continue to stay home.
8. If you are well and your symptoms are minimal, you can resume normal activities and get back to work and go out (with or without a mask on) after the 14-day self-quarantine period.
9. You do not need a repeat test on day 14.
10. Some workplaces may require you to hand a medical certificate to say your symptoms are mild and you have isolated for 14days.

Scenario 2: You have flu-like illnesses

- You can go for a COVID test so you know, or you can wait and see
 - If you wait and see, you will need to behave like you are COVID positive and self-isolate for 14 days. (see scenario 1)
- If you go for a COVID test and test positive, see scenario 1.
- If you go for a COVID test and you test negative, you have just got the flu, and treat like normal flu.

Sometimes you may have had your COVID test, which tested negative, but may be wrong. So, if you test negative for COVID and have flu-like illness, or have symptoms suggestive of COVID, here is what to do:

1. Monitor your symptoms daily, including your temperature.
2. If your symptoms deteriorate, call your doctor or local hospital, and explain.
3. You may need a second test if your symptoms deteriorate.



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Otherwise, you just have the flu. There will be a lot less cases of influenza this year because of mask, social distance and waiting periods also prevent the spread of these viruses.

Scenario 3: You are a CLOSE CONTACT

What is CLOSE CONTACT?

- You are within 6 feet of a positive confirmed person for longer than 15 minutes without PPE (no face cover/eye cover)
- You are directly in contact with respiratory discretions of a positive person, without adequate PPE.

So, if you do not wear a mask all the time when you are with your family member or co-worker and they test positive, you are considered a CLOSE CONTACT to that person.

What you need to know:

1. You do NOT need to test for COVID on Day 1 (unless you are told to do so)
2. Put on a mask and go home immediately.
3. Do NOT go to the shops and anywhere else.
4. You need to self-quarantine for 7 days.
5. You cannot leave your property for these 7days, no running, no walking dogs, no popping out in public or town for something. STAY HOME!
6. You need to treat yourself as if you are COVID positive for these 7 days (see scenario 1 information)
 - a. On day 7, you can go for a COVID test, if that test is negative, you can go back to work and resume normal activities from Day 6.
7. If you don't want to go for a COVID test, then self-quarantine for a further 7 days – total 14 days) and if you are well, you can go back to work and resume normal activities without a test.
8. In retrospect, of whether you chose to test or not test, you need to take daily temperatures and check daily for symptoms for the next 14 days. You need to behave like a COVID positive person (see scenario 1)

Scenario 4: You are a LOW RISK Contact

What is LOW RISK contact?

- You are always more than 6 feet away from others and for less than 15 minutes at a time (such as fellow shoppers, and people you walk past)
- You were within 6 foot away with a confirmed COVID positive person, but you had PPE (face cover/eye cover)
- The confirmed COVID positive person was wearing a surgical mask when you had contact.

What you must do when you find out that you had a low risk exposure to a COVID positive person:

1. Continue normal activities, including going to work.
2. Monitor yourself for symptoms and temperature daily for 14 days.
3. If you develop flu-like illness (see scenario 2)