

## Employee FAQ Positive COVID-19 Test

### I just received a positive test result for COVID-19. What should I do?

- Notify your supervisor that you have tested positive and need to isolate at home.
- Report your positive test result to [OHSCOV1D@bcps.org](mailto:OHSCOV1D@bcps.org).
- Complete this [Microsoft Form](#) to provide complete information about your infection.
- If you tested positive using a home test, report your test results to [covidlink.maryland.gov/selfreport](https://covidlink.maryland.gov/selfreport)
- Consider notifying any persons with whom you had close contact while you had symptoms and during the two days before your symptoms began.
- Your health care provider can help you manage symptoms and determine if treatment is recommended.
- The duration of isolation is at least 5 days from when your symptoms started.
  - Isolation means you stay at home in your own room with the door closed. If you are isolating at home, you should not your home leave unless you need medical care.
  - If you must leave your room, wear a mask, maintain 6 feet distance from others, and make sure common areas such as the kitchen and bathroom are cleaned well after each use.
  - Wash your hands frequently, use hand sanitizer if soap and water are not available.
- If you experience a medical emergency such as difficulty breathing seek emergency care by calling 911.
- If you need additional services or resources, please contact the Baltimore County Department of Health COVID Hotline at 410-887-3816 or visit this [page](#) on the Maryland Department of Health COVID information website.

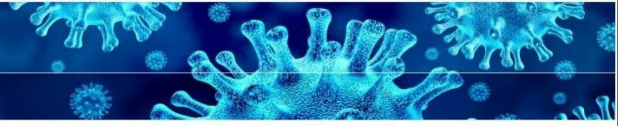
### How long must I isolate now that I have tested positive for COVID?

- The Maryland Department of Health recommends that all persons who test positive for COVID-19 or have suspected COVID-19, regardless of vaccination status, should isolate for a least 5 full days from the date of symptom onset if symptomatic or the date of the positive test if asymptomatic.
  - Day 1 is considered the first full day after symptoms started in symptomatic persons or the first full day after the person tested positive if asymptomatic.
  - After Day 5, if the person has no symptoms or if symptoms are improved and they have had no fever for at least 24 hours without medication, they may return to school/work wearing a well-fitting mask for 5 additional days.
  - If the person is unable to wear a mask, they may return



## COVID-19 Information

Office of Health Services 443-809-6368



- after 10 days, or
- after day 5 as soon as they have a negative test.
- For more information, please visit this [page](#) on the Maryland Department of Health COVIDlink website.

### **Do I need a negative COVID test to return to work?**

- A negative test is not needed unless you return after 5 days and cannot wear a mask.
- All persons may return after day 10 without a test.

### **A household member has tested positive after I have tested positive. Does this affect my return-to-work date?**

- No, after testing positive, you follow the isolation timeline based on your symptoms and test date.