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I've tested positive through AZ-HEROES testing – *Now what?*

First, take care of yourself. Receiving a positive COVID-19 test can be jarring, whether you expect to test positive or not. Even people who take every precaution can become infected. It is impossible to eliminate risk of COVID-19 infection completely, especially as a frontline worker. Now is the time to take care of yourself: rest, stay hydrated, and take over the counter medications such as acetaminophen as needed. Stay in touch with your medical provider, but call before you get medical care. Be sure to get care if you have trouble breathing, or have any other [emergency warning signs](#), or if you think it is an [emergency](#).

If this is your first positive test, complete a short acute illness survey sent to you by the AZ-HEROES staff. In the following weeks, you will be asked to complete short surveys about ongoing symptoms and symptom recovery. Your responses to these questionnaires is critical to our study and we are most appreciative of your time.

Continue with your weekly surveillance testing, even if you have submitted an illness kit on a day that is different from the day you normally submit your sample.

If this is a repeat-positive test, please continue to follow isolation guidance based on your [first positive test](#). You may continue to test positive for weeks after your initial positive test because the test can detect viral fragments that are no longer infectious. AZ-HEROES staff can provide you with documentation to share with your employer <insert link once posted on website>

Get a follow-up antibody (blood) test. We request that you get a blood test to measure antibody levels approximately 28 days after your first positive COVID-19 test. Study staff will send you reminders. Do not forget to take the form sent in your packet with you to a local Sonora Quest laboratory for the test. You may not receive the results of the antibody (blood) test until the end of the study.

Stay home for 10 days following the date of your positive specimen or onset of symptoms. If you experience symptoms *after* your test-positive date, isolate for 10d from the onset of symptoms. Once 10d has passed, you may return to work if you have been fever-free for at least 24 hours without the use of anti-fever medications and your symptoms have improved.

Separate from others in your household by staying in a specific room away from others as much as possible. Use a separate bathroom and wear a mask when you have to be around people or pets in or outside your home. For more information see [CDC guidance](#) and this summary flyer with [10 things you can do to manage COVID-19 in your home](#).