

## Tips for Managing a Positive COVID Case in Your Home

### **Guidance from the World Health Organization:**

1. Identify one member of the household to be the caregiver, as needed
2. Prepare a separate room or isolation space; encourage person with COVID-19 to stay in the isolation space and out of common areas; use separate restroom, if available
3. Open windows when you can
4. Keep visitors away
5. Everyone in the household should wear a medical grade mask when it's absolutely necessary to be in the same room
6. Wash hands frequently
7. Disinfect frequently touched surfaces twice a day at a minimum

### **Use of Antigen Tests to estimate infectiousness**

Antigen tests, unlike PCR COVID tests, require a lot of virus protein to turn positive. This means they are less specific in determining the onset of infection. However, antigen tests do offer an estimation of the period of time when an infected person is most likely to spread COVID-19 to others.

First and foremost, seek medical consultation to determine next steps after exposure or symptom onset.

## COVID Tests

PCR or LAMP Tests	Antigen Tests
<p>The PCR, the “gold standard” of COVID-19 detection, can detect relatively small viral pieces with accuracy. People usually get swabbed at a collection site or the doctor’s office. The swab is then put into a tube that’s sent to an off-site lab for processing.</p> <p>However, these tests are so sensitive that people who have had coronavirus can test positive for weeks after they’re no longer infectious.</p> <p>Another at-home test, known as LAMP, gives people the same accuracy as PCR but without having to send the nasal swabs off-site. The kits, which retail at \$75-plus apiece, are even more complicated than the antigen test kits.</p> <p>The LAMP tests the VT State health department distributed to people over the holidays, for example, came with a <a href="#">battery-operated</a></p>	<p>The antigen test kits offer faster feedback and can be done entirely at home, but they are less accurate than the PCR. People generally need to have a lot more virus in their nose to get a positive result using this method. Each test kit looks a little different and comes with slightly <a href="#">different instructions</a>.</p> <p>Antigen tests are recommended in the following circumstances:</p> <ul style="list-style-type: none"> <li>You have been confirmed positive for COVID-19 and are seeking to discontinue isolation in advance of the 10 day isolation period— consider taking an antigen test beginning on day 4 (4 days post positive test or symptom onset, whichever came first), and continue testing every 24-48 hours until the test appears negative. Note that even a faint line on most tests indicates a positive result.</li> <li>Students enrolled in the Test-To-Stay programs at their local school: students identified as close</li> </ul>

COVID Tests	
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<p><a href="#">detector</a> and a tube that has to snap into place for an accurate reading.</p>	<p>contacts test each day using an antigen test in order to continue with in-person learning.</p> <ul style="list-style-type: none"> <li>• If you are experiencing COVID-19 symptoms and suspect COVID-19—follow the instructions on the at home antigen test (most test kits require you to take both tests-24-48 hours apart) and seek guidance from a medical professional for further PCR testing</li> <li>• You have been identified as a close contact to someone infected with COVID-19—quarantine as directed by medical professionals or the Vermont Department of Health. If quarantine is not indicated, you may consider using a rapid antigen test daily before going to work or out in the community</li> </ul>