FAQ: AFTER YOU’VE HAD COVID-19

After I recovered from COVID-19, do I still need to wear a mask and keep a 6-foot distance from others?

- **YES:** You can still get COVID-19 again and infect others. Also, Public Health Orders mandate face coverings for ALL persons, without exceptions for past COVID-19 infection.
- Face coverings can provide reassurance to others in public settings, reinforce a safe culture, and work as a reminder to not touch your face and maintain social distancing.

I was COVID-19 positive, so I’m immune now, right?

- **Not Necessarily:** While individuals who have recovered from COVID-19 might have some immunity, the duration and extent of the immunity is not known. The safest course of action is to continue practicing wearing a mask and physical distancing.

After I have recovered from COVID-19, will I still have to quarantine if I’m exposed to someone who has tested positive for COVID-19?

- **YES:** A person who has clinically recovered from COVID-19, and then is identified as a close contact of a new case 3 months or more after, needs to follow the usual 14-day quarantine recommendations for contacts. (Within 3 months of prior infection, you may have some immunity, but Public Health officials may still determine that you need to be quarantined.)

Can I get COVID-19 a second time?

- **YES:** There have been 3 published cases of re-infection with COVID-19. There’s evidence that the repeat cases may have milder symptoms, and your body can fight it off, but you may still be infectious to others.

Why am I still feeling sick when it’s been over 2 weeks since my COVID-19 diagnosis?

- 1 in 5 young adults are not back to their usual health 14-21 days after testing positive for COVID-19. Please consult Student Health if you have any questions about your recovery.
What is a COVID long hauler?

- A long hauler is a person who has tested positive for COVID-19 and whose significant symptoms of fatigue and debilitation persist well beyond 14 days from their positive test. If you continue to have a fever or severe symptoms, please continue to remain in isolation and consult with your healthcare provider.

Should I get another COVID-19 test to prove that I am recovered?

- **NO:** Your test may continue to remain positive even after you have recovered and are no longer contagious. Therefore, the timeline from the test date or symptoms will determine when the isolation period ends.

- There is no evidence to date that people who have completed their isolation period but continue to test positive for COVID-19 are able to transmit the infection.

- If a positive test occurs more than 3 months after a person’s symptom onset, please consult with your healthcare provider.

If my COVID-19 test stays positive after I’ve recovered, am I still infectious to others?

- **PROBABLY NOT:** A positive test after the isolation period has been completed does not mean that the individual can still transmit COVID-19. The test could be positive because virus pieces remain in the person’s nasal secretions but not whole virus particles that can transmit the infection.

- There is no evidence to date that clinically recovered persons with persistent or positive COVID-19 tests have transmitted COVID-19 to others.


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