

IF YOU TEST POSITIVE FOR COVID-19



With the increase of COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

Start isolating yourself right away. Separate yourself from other household members and stay home (except for medical care). Let your employer know you have COVID-19.

Notify your close contacts so they can quarantine themselves.

- **Close contacts** = someone within 6 feet for more than 15 minutes total in a 24 hour period, while you were contagious.
- **Contagious** = 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of your isolation period.

Your isolation period ends when:

- 10 days have passed since your symptoms started (or test date if no symptoms), and
- You are fever-free for 24 hours, and
- Your symptoms have improved.

Once all of the above criteria are met, you can resume normal activities.

If you need an isolation or quarantine letter for your employer, you can call the health department at 517-546-9850, and leave a message.



CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care and monitor yourself for symptoms. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from last contact to COVID+ person while they were considered contagious. If you develop symptoms, get tested.

You cannot test out of quarantine. Because the incubation period of this virus is long, close contacts need to stay home 14 days from your last contact, even if you receive a negative test result.