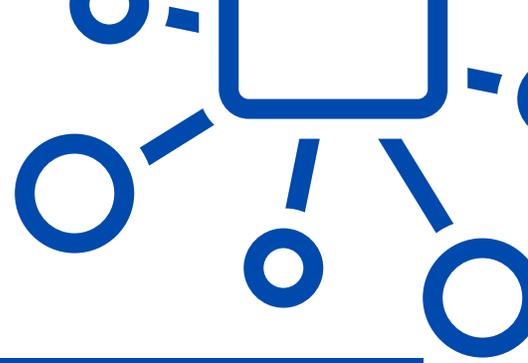# IF YOU TEST POSITIVE FOR COVID-19

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

1. Start isolating yourself right away.

- Stay home except for medical care.
- Stay away from everyone else in your household (stay in a different room, use separate bathroom if possible, etc.)
- Let your employer/school know you have COVID-19.

2. Notify your close contacts so they can start to quarantine themselves.

- Close contacts include anyone that was within 6 feet for more than 15 minutes over a 24 hour period while contagious.
- Contagious starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.
- Example: John started showing symptoms on Saturday. John was contagious Thursday and Friday. John must think of all "close contacts" from Thursday, Friday and Saturday and notify them.

3. You can resume normal activities when:

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

SHIAWASSEE COUNTY
HEALTH DEPARTMENT
*Promoting Wellness. Protecting Health.*

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

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

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

You cannot test your way out of quarantine, however, 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.

IF YOU'RE A CLOSE CONTACT OF A COVID-19 CASE
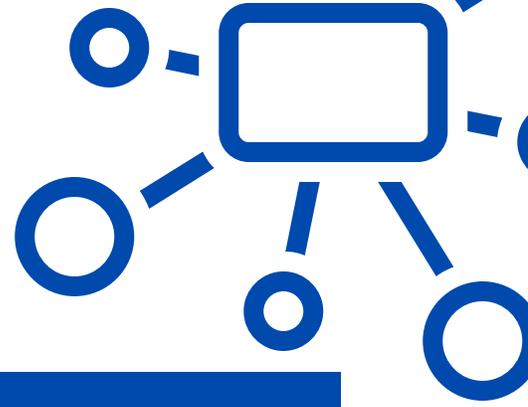
With the increase in COVID-19 cases in our area, you might not hear from the health department. We ask everyone to follow these steps to help stop the spread.

Start quarantining yourself right away. Stay home except for medical care. Let your employer know you have been in close contact with someone that has tested positive for COVID-19 and get tested if you develop symptoms. **Do not leave your home to go to the store, visit with family/friends, pick-up dinner, etc.**

Does my whole family need to quarantine if only I've been exposed? No. Your family does not need to quarantine unless you start to develop symptoms. **Only people with direct contact to the positive COVID-19 case need to quarantine.**

Who is considered a close contact? If you were within <6 feet for 15 minutes of the COVID-19 positive case, masks or no masks, you are a close contact.

How long do I stay quarantined? Close contacts must quarantine for 14 days past their last day of exposure to the positive COVID-19 case.

How long do I stay quarantined if someone in my household tests positive? Household contacts should quarantine while the positive case is in isolation. Once criteria is met and the positive household member is no longer in isolation, the household member should stay home for an additional 14 days. **Household members of positive persons with no symptoms should quarantine for 24 days from test collection date.**

If I get a negative test, do I still need to quarantine? **Yes. A negative COVID-19 test is not a "ticket" to end quarantine early.** Because the incubation period of this virus is long, close contacts need to stay home for 14 days from your last contact with a positive case, even if you receive a negative test result.

What kind of symptoms should I monitor for? If you develop any of the following, get tested:

- Fever
- Cough
- Chest pain, difficulty breathing, wheezing
- Chills, rigors, muscle aches
- Runny nose/congestion
- Headaches, vomiting, nausea
- Diarrhea (more than 3 days)
- Fatigue/weakness
- Loss of taste or smell

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