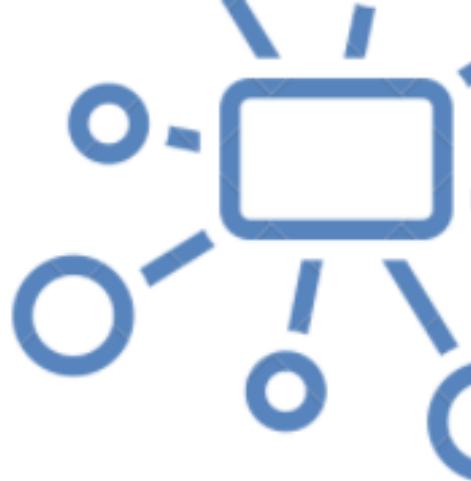


# IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases, you might not hear from the health department right away. When the health department does call, please answer. Meanwhile, we ask everyone to follow these steps to help stop the spread.

**Start isolating yourself right away.** Isolation is 10 days. **STAY HOME EXCEPT FOR MEDICAL CARE.** Let your employer know you have COVID-19. Read more about isolation [here](#).

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

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

You can resume normal activities when

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



If you have general COVID-19 questions, please call the health department at (989) 773-5921 ext. 1444 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. 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.

The standard 14-day quarantine period can be reduced to 10 days if the following two conditions exist:

- You do not develop any symptoms or clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after the last exposure.
- Daily symptom monitoring continues through day 14 after the last exposure.

Read more about quarantine [here](#).