

# 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. If you want to report your case to CMDHD, click [here](#). 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 and child's school 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.
- You are contagious 2 days before your 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 COVID-19 questions, please call the health department at (989) 773-5921 and select option 6.



Central Michigan District Health Department  
*Promoting Healthy Families, Healthy Communities*

## 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. 14 days is still highly recommended, but for people without symptoms, quarantine can end after 10 days if you consistently monitor for symptoms for 4 more days, wear a mask, practice social distancing, and wash hands frequently. If you develop symptoms, get tested, but stay home otherwise.

Individuals who are fully vaccinated and not experiencing symptoms are not required to quarantine after exposure to a person with COVID-19.

You are fully vaccinated 14 days after getting the final dose of any of the three vaccines available. Read more [here](#).

Read more about quarantine [here](#).