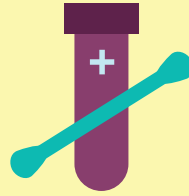


IF YOU TEST POSITIVE FOR COVID-19



We ask everyone to notify others they had contact with and follow these steps to help stop the spread.



DID YOU TAKE YOUR COVID-19 TEST AT HOME?

Visit Michigan.gov/COVIDTest for more information about at-home testing.

ISOLATE RIGHT AWAY.

Isolation keeps someone who is infected with the virus away from others, even in their home. If you get a positive test result, tell others you have been around so they know what steps they should take (see quarantine instructions below). If you downloaded the MI COVID Alert phone app, call 211 to get your PIN and anonymously alert close contacts. You can also use tellyourcontacts.org

If your child tests positive, notify their school.

There are treatment options for people diagnosed with COVID-19. Visit Michigan.gov/COVIDTherapy or talk to your doctor to learn more.

IMMEDIATELY NOTIFY OTHERS YOU WERE AROUND.

Notify those you had contact with during the time you were contagious. Prioritize notification of individuals who are personal/household contacts and immunocompromised or high-risk individuals.

Contagious: You can be contagious two days before symptoms appear (or two days before test date if positive and no symptoms), through the end of the isolation period.

IF YOU ARE ABLE TO PROPERLY WEAR A MASK COVERING YOUR NOSE AND MOUTH, YOU CAN RESUME NORMAL ACTIVITIES WHEN...

It has been five days since symptoms began or, if you don't have symptoms, five days since your positive test date. If you resume activities after day five, you must continue to wear a mask for an additional five days. If you are unable to wear a mask around others, even in your home, you should wait 10 days before resuming activities.

AND

You have been fever-free for 24 hours without taking fever-reducing medication.

AND

Other symptoms, like cough or shortness of breath, have improved.

Questions? Dial 211 or call the MI COVID Hotline at 888-535-6136.

HOW TO KEEP YOUR CONTACTS HEALTHY

Personal & Household Contacts: Monitor for symptoms for 10 days, test at least one time if possible 3-7 days after exposure and if symptoms develop, wear a well-fitting mask for 10 days from last exposure, and avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from last exposure.

Other contacts (community, social, and work settings): Monitor for symptoms for 10 days and test if symptoms develop. Consider wearing a well-fitting mask around others for 10 days from date of last exposure. At minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.

If you develop symptoms, isolate and get tested right away. You can contact your doctor, visit Michigan.gov/CoronavirusTest to find a testing site, or purchase an at-home test.

