

## NAVIGATION

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## GENERAL INFORMATION

Additional information is available at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

### What is COVID-19?

COVID-19 is an illness caused by a relatively new respiratory virus (SARS-CoV-2). In December 2019, the virus began circulating in humans.

### What are the symptoms of COVID-19?

Symptoms may appear two to 14 days after exposure to the virus. Common symptoms are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.

**If I have had COVID-19, can I get it again?**

Yes. Reinfection with the virus that causes [COVID-19](#) means a person was infected, recovered, and then later became infected again. After recovering from COVID-19, most individuals will have [some protection from repeat infections](#). However, reinfections do occur after COVID-19.

**Are some people at greater risk for becoming seriously ill from COVID-19?**

Yes. Some people are at greater risk for severe illness from COVID-19. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People aged 65 years and older](#)
- Pregnant and recently pregnant people
  - People of all ages with underlying [medical conditions](#), particularly if not well controlled, including: Cancer, chronic kidney disease, chronic lung diseases, including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension, dementia or other neurological conditions, diabetes (type 1 or type 2), down syndrome, heart conditions (such as heart failure, coronary artery disease, cardiomyopathies, hypertension), HIV infection, immunocompromised state (weakened immune system), liver disease, overweight and obesity, pregnancy, sickle cell disease or thalassemia, smoking (current or former), solid organ or blood stem cell transplant, stroke or cerebrovascular disease, which affects blood flow to the brain, substance use disorders.

It is important to know that there are preventative and treatment options for individuals who are at greater risk of severe illness from COVID-19. Visit [Michigan.gov/COVIDTherapy](https://Michigan.gov/COVIDTherapy) to learn more.

**The pandemic is making me anxious, stressed or depressed. Is there help for my mental health?**

A lot of people are feeling anxious, stressed or depressed because of the pandemic – even people who have never worried about their mental health in the past. This is normal and there are resources to help:

- Call 2-1-1 to find resources in your local community.
- Everyone in Michigan is invited to use Headspace – free of charge at [Headspace.com/Michigan](https://Headspace.com/Michigan)
- For people with existing mental health conditions who need extra support right now, call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753, 10 a.m. to 2 a.m. daily.
- Michigan Stay Well Counseling Line: Call 1-888-535-6136 and press '8'
- National Disaster Distress Helpline: Call 1-800-985-5990 or text "TalkWithUs" to 66746
- National Suicide Prevention Lifeline: Call 1-800-273-8255 or text "TALK" to 741741

## **HOW THE VIRUS SPREADS**

Additional information is available at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

### **How does COVID-19 spread?**

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected. COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

### **Can the aerosolization of cleaning and disinfection products spread COVID-19?**

There are no studies that indicate whether utilization of aerosol products will spread the virus.

### **Can I get COVID-19 from a mosquito or tick bite?**

There is no data to suggest that COVID-19 can be spread through a mosquito or tick bite.

### **Can the virus that causes COVID-19 spread through drinking water?**

The virus that causes COVID-19 has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

### **Can someone spread the virus without being sick?**

It's possible for people to spread the virus for about two days before experiencing signs or symptoms and many remain contagious for at least 5-10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 5-10 days after testing positive for COVID-19. It is important to wear a well-fitting mask around others for the full 10 days after your symptoms start or if you don't have symptoms, for 10 days after your positive test. Day 0 is the day you start having symptoms, or if you don't have symptoms, the day of your positive test.

### **Does the coronavirus live on surfaces?**

Early in the pandemic there was concern about surface transmission. However, latest research suggests that this is unlikely to be a major route of transmission. Although SARS-CoV-2 can persist for days on inanimate surfaces, attempts to culture the virus from these surfaces were unsuccessful.

### **Can my pet get COVID-19? Can they give it to me?**

A small number of pets worldwide, including cats and dogs, have been reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

- Based on the information available to date, the risk of animals spreading COVID-19 to people is considered to be low.
- The virus that causes COVID-19 can spread from people to animals including pets in some situations, mostly during close contact.
- If you are sick with COVID-19 (either suspected or confirmed by a test), restrict contact with your pets and other animals, just like you would around other people.

## **HOW TO PROTECT AGAINST ILLNESS**

Additional information is available at [Michigan.gov/ContainCOVID](https://Michigan.gov/ContainCOVID)

### **How can I protect myself from getting COVID-19?**

The best protection against COVID-19 is vaccination. [Stay up to date with your COVID-19 vaccine and booster](#) doses. **CDC recommends that people ages 12 years and older** receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose. Some people, like those who are moderately or severely immunocompromised, are recommended to get an additional primary dose. Find out if you're up to date with your COVID-19 vaccinations by using CDC's At-A-Glance COVID-19 Vaccination Schedules.

There are steps you can take that will also help prevent COVID-19, including:

- Wearing a well-fitting mask is a proven strategy to reduce your exposure to the virus. See guidance from the CDC on [When to Wear a Mask](#), including when the [Community Level](#) is high.
- Wash your hands with soap and water.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your health care provider.
- Frequently clean and disinfect high-touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If you are traveling, follow the CDC's guidance at [CDC.gov/Travel](https://CDC.gov/Travel).

### **Should I wear a mask to protect myself?**

There are some situations when it is recommended to wear a mask around others:

- While infected with COVID-19 and in isolation.
- After being exposed to COVID-19.
- When in high-risk congregate settings (such as long-term care and health care facilities, jails, correctional facilities, and shelters).
- When local masking guidance, policies and/or orders from local health departments, organizations, businesses, event organizers and/or school districts requires masking.
- When the COVID-19 [Community Level](#) is high.

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You may also **choose** to wear a mask even if you do not fit into the above categories. Your reasons for choosing a mask may be related to your health, the health of those around you, the level of risk you are willing to tolerate, or a sense of consideration for those around you who may be vulnerable. MDHHS supports those who wish to continue masking whatever their reasons may be.

MDHHS has provided [guidance for understanding your personal and household risk](#).

### **Should I wear a mask to protect myself?**

Current masking recommendations are available in [Updated Masking Guidance for Michiganders](#).

There are some situations when you should wear a mask around others:

- While in COVID-19 isolation or after exposure.
- When in high-risk congregate settings (such as long-term care and health care facilities, jails, correctional facilities, and shelters).
- When local masking guidance, policies and/or orders from local health departments, organizations, businesses, event organizers and/or school districts requires masking.

You may also **choose** to wear a mask even if you do not fit into the above categories. Your reasons for choosing a mask may be related to your health, the health of those around you, the level of risk you are willing to tolerate, or a sense of consideration for those around you who may be vulnerable. MDHHS supports those who wish to continue masking whatever their reasons may be.

MDHHS has provided [guidance for understanding your personal and household risk](#).

### **How should I clean my home to prevent the spread of COVID-19?**

[Clean and disinfect](#) frequently touched surfaces daily to reduce the spread of viruses, including COVID-19. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces or items are dirty, clean them with soap and water or another detergent. Then, use a household disinfectant.

Please remember to:

- Use EPA registered cleaners that you would normally use in these areas. Most EPA registered household disinfectants should be effective. A full list of disinfectants can be found through the [EPA website](#).
- Read and follow product labels for safe use. More is not always better!
- Keep all cleaning products locked away from children.
- Never mix bleach (chlorine) products with other chemicals. This can create toxic fumes.

**In the event of a poison emergency**, contact the Michigan Poison Center at 800-222-1222. If someone is unconscious or has trouble breathing, call 911 immediately.

## THERAPIES TO TREAT COVID-19

Additional information is available at [Michigan.gov/COVIDTherapy](https://Michigan.gov/COVIDTherapy)

COVID-19 treatment options are available for high-risk adults and children, including newborns, to reduce the risk of becoming seriously ill. **Vaccinations** remain the best way to protect a person from COVID, and are a preventative measure to reduce severity of illness and risk of hospitalization or, even, death. Learn more about the treatment options on the State of Michigan's COVID-19 Therapeutics page.

Talk to your doctor about what COVID-19 treatment may be right for you. For assistance locating COVID-19 therapeutics call 1-800-232-0233, **TTY** 1-888-720-7489. Available in 100 languages.

- **Antivirals**

[Antiviral treatments](#) target specific parts of the virus to stop it from multiplying in the body, helping to prevent severe illness and death.

Antivirals are prescribed after a person has tested positive for COVID-19 and within 5 days of symptom onset.

- **Monoclonal Antibodies**

Monoclonal antibody treatment is for people who have tested positive for COVID-19, have mild to moderate symptoms, and cannot take oral antiviral medications,. When administered to non-hospitalized patients as soon as possible after testing positive for COVID-19 and within 7 days of symptom onset, monoclonal antibody therapy may reduce symptoms and risk of hospitalization and emergency room visits associated with COVID-19.

- **Pre-exposure prophylaxis**

Evusheld is an injection which can provide an extra layer of protection in addition to COVID vaccination for individuals who are moderately or severely immunocompromised and protection for those who are severely allergic to COVID-19 vaccines. Talk to your health care provider to determine if Evusheld is right for you or learn more on the [MDHHS Evusheld page](#).

## VACCINES

Additional information is available at [Michigan.gov/COVIDVaccine](https://Michigan.gov/COVIDVaccine)

### **How can I get vaccinated to protect myself from COVID-19?**

Everyone age 6 months and older are recommended to be vaccinated. Please visit [Michigan.gov/COVIDvaccine](https://Michigan.gov/COVIDvaccine) for the latest information about vaccination. Everyone is encouraged to stay up to date with their COVID-19 vaccinations, including additional doses for individuals who are immunocompromised and booster doses. [Find out if you're up to date with you COVID-19 vaccinations.](#)

### **After being vaccinated for COVID-19, how long before I will be protected?**

It typically takes a couple weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

You are [up to date](#) with your COVID-19 vaccines if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC.

Some activities are safer than others – even when you are up to date on your COVID-19 vaccines. Individuals, especially those who are immunocompromised, [should weigh their personal and household risk for COVID-19.](#)

### **Do I have to get the same vaccine type for my booster as I did for my initial vaccine?**

The updated (bivalent) boosters are called “bivalent” because they protect against **both** the original virus that causes COVID-19 **and** the Omicron variant BA.4 and BA.5. Two COVID-19 vaccine manufacturers, Pfizer and Moderna, have developed updated (bivalent) COVID-19 boosters. You should get whichever bivalent booster is available to you.

## VARIANTS OF CONCERN

Additional information is available on the [CDC's New Variants Web Page](#)

### **What are variants of concern?**

Viruses change through mutation, and new variants of a virus are expected to occur over time. The virus that causes COVID-19 (called SARS-CoV-2) is known to acquire, on average, one new mutation every two weeks.

### **How can I protect myself against new variants?**

Actions that prevent the spread of COVID-19 will also prevent the spread of its new variants. Learn more about [how to protect yourself and others.](#)

## TESTING FOR THE VIRUS

Additional information is available on the [Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest)

Information about home testing in [Public Guidance for At-Home COVID Testing](#)

### What do I do if I think I need to be tested for COVID-19?

Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 (press option 2) for help finding a site near you. There are also many options to access free at-home tests at [Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest).

### Where can I get an at-home test?

In addition to purchasing at-home test at stores and pharmacies:

- Michigan health insurance companies are required to [cover the cost of eight at-home COVID-19 tests per month](#) for each person covered under the plan.
- Rapid at-home test kits are available through the [Rockefeller Project Act](#).
- At-home COVID-19 tests are available [at participating libraries](#).
- Additional resources for free at-home tests are available at [Michigan.gov/COVIDtest](https://Michigan.gov/COVIDtest).

### Can I take a COVID-19 test at home?

Yes. There are home test kits available over the counter. Follow instructions in the [At Home Testing Guidelines for the Public](#).

- If you test **positive**, it is important that you take steps right away to protect family, friends, coworkers, and others around you – like calling people you may have exposed, staying home and wearing a well-fitting mask. You may qualify for COVID-19 treatments that could reduce the risk of severe disease.
- A **negative** self-test result means that the test did not detect the COVID-19 virus and you may not have an infection, but it does not rule out a COVID-19 infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected. If you tested while you had symptoms and followed instructions carefully, a negative result means your current illness is probably not COVID-19.
- Use an [FDA authorized At-Home Over the Counter test](#).

### Do I need a prescription to be tested?

No. In Michigan, we want anyone who needs a test to get one. Testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms.

**What do I do if I am sick and do not have a health care provider?**

You can seek treatment at an urgent care facility. To get tested, you can find a testing site with the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

To help remove barriers and ensure more Michiganders have access to COVID-19 outpatient treatments, the MDHHS is offering a [Test to Treat](#) program at 13 locations across the state that offer no-cost testing and telehealth services. Test to Treat sites allow individuals to access testing, a health assessment and medication prescriptions all in one visit. Michigan residents who test positive for COVID-19 at these locations will be able to utilize telehealth services on-site.

View the list of [Test to Treat sites](#).

**How is a sample collected to test for COVID-19?**

There are several [tests](#) and collection methods authorized by the FDA. Most tests use a nasal swab or saliva test to collect the sample. In some situations, samples can be self-collected to reduce exposure to the health care workers supervising the collection. In other situations, a health care worker may take the sample for you in your vehicle or in an office. With any method, workers wear personal protective equipment (PPE) to protect themselves from exposure.

**I had a rapid test and was instructed to be tested again even though the result was negative. What does this mean?**

All COVID-19 tests, rapid or other, may require follow up testing. For example, if your virus level was low (this can be the case very early into your illness) the test may not be able to detect the virus. Follow the instructions of your doctor or test administrator to stay healthy – even if that means taking second test at home or at a testing site or health care facility.

**Do the COVID-19 tests ever produce false negatives?**

Yes, sometimes. It is possible to receive a false negative test result – or to be too early in your illness for the test to be able to detect a positive. If you receive a negative test result and continue to have symptoms or are otherwise concerned about your health, call your doctor to consider being retested or to be tested for another illness.

**What is antibody testing and how can I be tested?**

*Antibody testing is different than diagnostic testing for COVID-19.* Antibodies can be found in the blood and in other tissues days or weeks **after** being infected with a virus. This can be useful to understand how illness affects the population as a whole, but it cannot be used to diagnose individuals or predict whether you may be protected from a future COVID-19 infection.

**What we know:**

- The FDA has authorized several antibody tests. There are also several tests on the market that have not been authorized.

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- There are places in Michigan offering antibody testing, but there is no information about which test is being used, or if they may be using an unapproved test.
- An antibody test cannot help your doctor decide how to treat you or if it safe to return to work.

### **What we don't know:**

- How good the current antibody tests are at detecting COVID-19 in individuals.
- If detection of antibodies means you have had COVID-19, or if it will detect other coronaviruses (like the common cold) that you may have had in the past.
- If detection of antibodies means you can still spread COVID-19.
- If detection of antibodies means you are immune to COVID-19.

If you have symptoms of COVID-19, like cough, fever and shortness of breath, you should contact your doctor and seek testing for COVID-19. Diagnostic testing for COVID-19 can ensure you get the right medical treatment, unlike antibody testing. You can find antibody testing sites at [Michigan.gov/CoronavirusTest](https://www.michigan.gov/CoronavirusTest). If you choose to get tested, please understand the limitations of antibody testing and continue to protect yourself regardless of the result.

## ISOLATION AND EXPOSURES

Additional information is available at [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID)

### **If I am exposed to the virus, what do I do?**

If you are exposed to someone who is positive for COVID-19:

- Conduct symptom monitoring for 10 days; and
- Test on day five after exposure and if symptoms develop; and
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others, and
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals\*\* for 10 days from the date of last exposure.

*\*\*Activities with higher risk of exposing vulnerable individuals may include activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregate settings.*

### **Should I get tested after being exposed to COVID-19?**

Test at least one time five days after exposure. If you develop symptoms, you should get tested.

### **How do I monitor myself for symptoms?**

Screen yourself for symptoms of respiratory illness. If you develop symptoms immediately isolate from others and get tested.

### **I have COVID-19 and have been isolating. When is it safe for me to leave my home?**

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Any individual who tests positive for COVID-19 and/or displays [COVID-19 symptoms](#) (without an alternate diagnosis or negative COVID-19 test) should isolate regardless of vaccination status:

- Isolate at home for the first five days (starting with the day after symptoms began or day after test was taken for those without symptoms); and
- If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask for the next five days to protect others.

AND

- If individual has a fever, stay home until fever free for a period of 24 hours without the use of fever reducing medications before returning to normal activities while wearing a well-fitted mask, until the 10-day period is complete.

OR

- Isolate at home for 10 days if unwilling/unable to wear a mask.

You may stop wearing a mask before 10 days with two sequential negative test results 48 hours apart.

Individuals who test positive for COVID-19 should also notify others whom they had contact with during the time they were contagious (beginning two days before symptoms started or testing positive if no symptoms are present). Prioritize notifying individuals who are personal/household contacts and immunocompromised or high-risk individuals.

## EMPLOYMENT

Additional information about the workplace safety guidelines is available at [Michigan.gov/LEO](https://Michigan.gov/LEO)

### **Can my employer require me to bring a doctor's note (or negative test result) to return to work after I have been sick?**

In Michigan, employers are not required to demand a doctor's note for employees to return to work following illness. If your employer requests a doctor's note, we encourage you to first work towards a resolution with your employer. If you are unable to resolve the issue, contact Michigan's Wage and Hour Division of Employment Relations at 517-284-7800. Learn more about [workplace safety during COVID-19](#).

### **Does the State of Michigan require health care providers to have patients tested for COVID-19 prior to performing a surgery/procedure?**

No. There is no State requirement for patient testing prior to a procedure, but people undergoing

surgery are eligible for testing before a surgery or procedure. Hospitals and health care facilities may have their own rules for testing prior to medical procedures.

Health care providers use professional judgement to determine whether or not testing is reasonable prior to a procedure. If you have a procedure scheduled, you should contact your doctor if you have questions about your procedure, including any potential testing.

### **Can I be fired for not coming to work if I have COVID-19?**

No. You cannot be fired for not coming to work if:

- You have COVID-19.
- You have symptoms of COVID-19.
- You are caring for someone in your household who has COVID-19.
- You have been exposed to COVID-19.

## **DATA**

Additional information is available at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

### **Where can I find out how many outbreaks there are in Michigan?**

1. [Outbreak data](#) can be located at the [OUTBREAK REPORTING \(michigan.gov\)](#) tab. Outbreaks are classified as either new or ongoing. Outbreaks reported for the first time to MDHHS by local health departments are categorized as new. Outbreaks that continue to be reported after the first time, are moved into the ongoing category. MDHHS will continue to report outbreak counts until the outbreak ends, which is determined by local health departments. Outbreak data is released once a week and is presented in two tables. The number of new outbreaks
  - Outbreaks initially identified in the current reporting week
  - Typically, an outbreak has two or more cases that do not live in the same household. However, for health care facilities one case is considered an outbreak.
  - Reported by setting and emergency preparedness region.
2. The number of ongoing outbreaks
  - Outbreaks reported as new in a previous week, but that continue to have associated cases. After four weeks with no new cases, the outbreak is considered closed and removed from the ongoing outbreak count.
  - Reported by setting and emergency preparedness region.

To learn more about outbreak data in your area, review the local data on your [local health department website](#).

### **What is percent positivity and how is it used?**

Percent positivity is the percentage of all reported COVID-19 diagnostic tests that are positive on a given day. This metric indicates whether enough tests are being done to detect most new cases. If enough

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diagnostic testing is being conducted each day, a low percent positivity (less than 3%) over a period of time can give us confidence that the spread of disease is under control.

Epidemiologists watch the percent positivity over weeks within an area since the number can fluctuate daily based on the number of tests performed.

– *Where can I find percent positivity data?*

Percent positivity is posted on the “Confirmatory Testing” tab at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus).

– *How is percent positivity calculated?*

Percent positivity is the number of positive diagnostic tests in a given day divided by the total number of diagnostic tests performed that day.

○ Number of positive tests / Total number of tests performed in the same day = Percent positivity.

○ Percent positivity data may include results from people who have tested positive more than one time, since that information is helpful in deciding if there are enough tests being performed. **However**, each individual is only included in the confirmed case count once.

– *Do other states follow percent positivity calculations?*

Yes, percent positivity is important to epidemiologists across the country and worldwide. You can find national numbers for percent positivity on the [CDC data tracker](https://www.cdc.gov/data-tracker/).