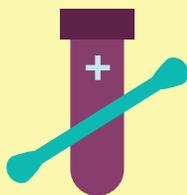


# IF YOU TEST POSITIVE FOR COVID-19

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



**CONTAIN COVID**  
**TEST. TRACE. PROTECT.**  
MICHIGAN.GOV/CONTAINCOVID

## **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, stay home and away from other people. Tell others you have been around so they know to watch for symptoms and take precautions to prevent spread to others.

If your child tests positive, notify their school.

There are treatment options for people diagnosed with COVID-19. Visit [Michigan.gov/COVIDTherapy](https://Michigan.gov/COVIDTherapy) or talk to your health care provider 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.
- You have been fever-free for 24 hours without taking fever-reducing medication.
- Other symptoms, like cough or shortness of breath, have improved.



## **HOW TO KEEP YOUR CONTACTS HEALTHY**

Monitor for symptoms for 10 days, test 5 days after exposure and if symptoms develop. Wear a well-fitting mask around others 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.

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