

# YOU WERE TESTED FOR COVID-19

## NOW WHAT?\*

**WHILE YOU WAIT for your COVID-19 results, protect your family, friends and community:**

### DO:



**Stay in a specific sick room**, like a bedroom, away from others in your home.



**Wear a well-fitting mask**. Make sure it covers your nose and mouth. Remember to stay 6 feet away from people and pets. People who are near you should also wear a well-fitting mask.



**Use meal or grocery delivery services when possible** or ask family and friends for help.



**Clean and disinfect things you touch**, like light switches, doorknobs, tables and remotes.



**Wash your hands often**. Use soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol.



**Cover cough and sneezes**. Cough or sneeze into your elbow or a tissue, then wash your hands.



**Consider people living with you**. If you live with someone with health conditions, think about whether there are other places you can stay while you get well.

### DON'T:



**Don't leave home**, unless you need medical care.



**Don't share personal items**. Things like dishes, towels, and bedding should not be shared, even with family.



**Don't use public transportation**, if you have another choice.

### Help is here for you!

**Michigan 2-1-1:** Visit [mi211.org](http://mi211.org) or dial 2-1-1 to connect with resources in your local community, like housing and financial assistance.

**MI Bridges:** Go to [Michigan.gov/MIbridges](http://Michigan.gov/MIbridges) today to apply for benefits, such as food assistance and health care coverage, and learn about resources in your community.

**Michigan Stay Well Counseling:** Call 1-888-535-6136 and press "8" to talk with a Michigan Stay Well counselor or visit [Michigan.gov/StayWell](http://Michigan.gov/StayWell) for more information. Counseling is free, confidential, and available 24/7.

## If your COVID-19 test result is POSITIVE, continue to follow the same steps to protect others PLUS:



**Tell others you had contact with** that they may have been exposed to COVID-19. You could use a tool like MI COVID Alert or [tellyourcontacts.org](https://tellyourcontacts.org).



**See if you are eligible for COVID-19 treatment.** Visit [Michigan.gov/COVIDtherapy](https://Michigan.gov/COVIDtherapy) for eligibility and more information.



**If you used an at-home test**, visit [Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest) for additional directions.



**Answer your health department's call.** You may receive a call. They can also answer your questions.



**Watch for severe symptoms or other health emergencies.** If you need to call 911, let them know that you have COVID-19.



**Stay home for five days.** If your symptoms are gone after five days or you still have no symptoms five days after test date, you may end isolation. You can leave your home, but must continue to wear a mask for an additional five days. Symptoms may be improving if the following is true:

- Have not had a fever for at least **24 hours**, **without the use of fever-reducing medication**.
- Other symptoms, like cough or shortness of breath, **have improved**.

## If you test NEGATIVE, BUT still have symptoms of an illness:



**Stay home and away from others.** Until at least 24 hours after symptoms are improved.



**Call your doctor.** Ask if you should be tested again, or for another illness, if you continue to have symptoms of COVID-19.

## Contact Tracing: What to tell others you have been around

- **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](https://Michigan.gov/CoronavirusTest) to find a testing site, or purchase an at-home test.

For more information, visit [Michigan.gov/ContainCOVID](https://Michigan.gov/ContainCOVID).

\*This guidance does not apply to health care workers or first responders.