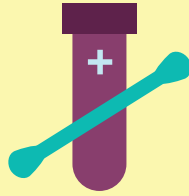


IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our state, you might not hear from the health department. We ask everyone to follow these steps to help stop the spread.



DID YOU TAKE YOUR COVID-19 TEST AT HOME?

Visit Michigan.gov/ContainCOVID 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 your close contacts so they know to quarantine (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 could also use tellyourcontacts.org. If your child tests positive, notify their school.

Find out if you are eligible for COVID-19 therapies at Michigan.gov/COVIDtherapy.

NOTIFY YOUR CLOSE CONTACTS IMMEDIATELY SO THEY CAN START TO QUARANTINE THEMSELVES.

Close contacts: People who were within 6 feet or less for at least 15 minutes in a 24-hour period.

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.

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Quarantine keeps someone who might have been exposed to the virus away from others.

If you are fully vaccinated* AND boosted (if eligible), OR if you tested positive for COVID-19 in the last 90 days, you don't need to quarantine, but get tested on day five and wear a mask when around others for 10 days.

If you are unvaccinated, OR not fully vaccinated OR not boosted (if eligible), start quarantine right away. Stay home and away from others in your home for five days from your last contact with a COVID+ person. Continue to wear a mask around others for an additional five days. If you have questions call 866-806-3447. If you are a student you still may be able to attend school, depending on your exposure type. Visit Michigan.gov/Coronavirus for information.

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.

*People who received two Pfizer and Moderna vaccines within the last five months or one J&J vaccine within the last two months.

