

NAVIGATION

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GENERAL INFORMATION

Additional information is available at Michigan.gov/Coronavirus

What is COVID-19?

COVID-19 is caused by a new respiratory virus. In December 2019, the virus began circulating in humans.

What are the symptoms of COVID-19?

Symptoms may appear in 2-14 days after exposure to the virus. Common symptoms are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- 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**.
Emergency warning signs include:

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- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

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

[Cases of reinfection](#) of COVID-19 have been reported but are rare. In general, reinfection means a person was infected (got sick) once, recovered, and then later became infected again. Based on what we know from similar viruses, some reinfections are expected.

Are some people at greater risk for getting the virus?

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, *older adults and people of any age who have serious underlying medical conditions* might be at higher 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](#)
- People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions
- People who are immunocompromised
- Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

It is important to remember that stigma and discrimination occur when people associate an infectious disease, such as COVID-19, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities, or racial backgrounds.

The pandemic is making me very anxious, stressed or depressed. Is there anyone I can call about 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 you.

- You can call 2-1-1 to find resources in your local community.
- Everyone in Michigan is invited to use the Headspace app – free of charge. This is a mindfulness tool that may help you process what is happening around you.
- For people with existing mental health conditions who need extra support right now, you can call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753 10 a.m. to 2 a.m. daily.

Help is also available 24/7 for everyone through:

- 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

How does COVID-19 spread?

Health experts are still learning about how this new coronavirus spreads. The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact (within about six feet) of an ill person.
- Through respiratory droplets produced when an infected person coughs or sneezes.
- It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it, then touching their mouth, nose or eyes.

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?

At this time there is no data to suggest that COVID-19, or similar coronaviruses, 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 remain contagious for at least 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 10 days after testing positive for COVID-19.

Does the coronavirus live on surfaces?

More research is needed on how the virus that causes COVID-19 survives on surfaces, however, similar viruses are known to be able to survive on surfaces. The length of time the virus may live on a surface depends on the type of surface (e.g., hard, porous). This is why it is important to wash your hands frequently and disinfect frequently touched surfaces often.

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

A small number of pets, including cats and dogs, have been found to carry the virus that causes COVID-19. There is no evidence that your pet can give the virus to you.

- Do not wipe or bathe your pet with chemical disinfectants, alcohol, hydrogen peroxide, or any other products not approved for animal use.
- Do not put face coverings on pets
- Do not take a sick pet to a groomer or boarding facility.

Until we know more, CDC recommends the following:

- Do not let pets interact with people or other animals outside the household.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Walk dogs on a leash, maintaining at least 6 feet from other people and animals.
- Avoid dog parks or public places where a large number of people and dogs gather.
- When visiting a groomer or boarding facility, limit pet items brought into the facility and disinfect objects (leashes, bowls, toys etc.) when you return home.

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.

- When possible, have another member of your household care for your pets while you are sick.
- Avoid contact with your pet, including petting, snuggling, being kissed or licked, and sharing food or bedding.
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them.

HOW TO PROTECT AGAINST ILLNESS

Additional information is available at Michigan.gov/ContainCOVID

How can I protect myself from getting COVID-19?

There are steps you can take to prevent spread of flu and the common cold that will also help prevent COVID-19, including:

- 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 healthcare provider.
- Keep at least six feet away from one another to the maximum extent possible.
- 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.

Should I wear a mask to protect myself?

Yes. In Michigan, if you are in a public space, you are required to wear a cloth face covering, even if you are healthy or have been vaccinated. There are lots of cost-effective ways to make a covering for your face. The [U.S. Surgeon General created a video](#) to show you how to make coverings with materials you have around your house. You can also purchase non-medical face masks and low-cost face coverings at local and online retailers.

It is important to remember that medical face masks (like surgical masks and N95 respirators) **must** be saved for healthcare workers. Medical facemasks should be worn by:

- [Healthcare workers](#)
- [People taking care of someone with COVID-19](#)

If you are sick with respiratory illness, you should wear a face covering, over your nose and mouth if you must be around other people or animals, including pets (even at home). You don't need to wear the face covering if you are alone. If you can't put on a face covering (because of trouble breathing for example), cover coughs and sneezes in some other way.

MDHHS has provided [guidance for the use of face coverings for the general public](#).

Can I wear a face shield instead of a mask?

Face shields, including plastic shields and hybrid products that have fabric around the edges of the shield, are not a replacement for cloth face coverings. For people who are medically unable to tolerate a face covering, a face shield may be worn alone instead.

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School speech therapists may find wearing a face covering interferes with their ability to perform their job. Face shields are an appropriate alternative for the speech therapist and the student during therapy sessions.

- Face shields must be worn by both the student and the speech therapist during the session.
- Face shield must be assigned for use by only one student each.
- Face shields should be cleaned and disinfected thoroughly between each use.
- Once the therapy session has concluded, both the speech therapist and the students must put face coverings back on.

Can I wear a face covering with an exhalation valve or vent?

It is not recommended to wear masks with exhalation valves or vents because respiratory droplets may be expelled through the outlet. This type face covering does not prevent the wearer from transmitting the virus to others.

Can I sew a facemask to use for myself?

Yes. There are lots of cost-effective ways to make a covering for your face to wear in public. The [U.S. Surgeon General created a video](#) to show cost-free ways to cover your face. [The CDC has also shared ways to create or sew](#) a face covering for yourself.

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

[Clean and disinfect](#) frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them. Clean the area or item with soap and water or another detergent if it is dirty. 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 [here](#).
- 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 800-2221222. If someone is unconscious or has trouble breathing, call 911 immediately.

VARIANTS OF CONCERN

Additional information is available on the [CDCs 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. Currently, there are three variants of concern:

- **B.1.1.7** is believed to be more contagious, but there has been no indication it affects clinical outcomes or disease severity compared to the SARS-CoV-2 that has been circulating across the U.S. for months. However, a higher rate of transmission would increase the number of people who need clinical care for COVID-19 with the new variant circulating in Michigan. The first case of B.1.1.7 in Michigan was identified January 17, 2021, in Washtenaw County.
- **B.1.351**, the second variant of concern, has been identified in Michigan. Less is known about the B.1.351 variant at this time, but it emerged independent of the B.1.1.7 variant. This variant may also have a higher rate of transmission which would increase the number of people who need clinical care for COVID-19. Currently there is no evidence to suggest that this variant has any impact on disease severity.
- **P.1** was first detected in Michigan March 31, 2021.
- Additional variants are expected to be identified. Visit the CDCs [New COVID-19 Variants web page](#) for additional information.

How can I protect myself against new variants?

Protective actions that prevent the spread of COVID-19 will also prevent the spread of new variants.

- **Get vaccinated for COVID-19.**
- Wear a mask around others. Wear a face shield in addition to a mask for additional protection if concerned.
- Stay 6 feet apart from others.
- Wash hands often.
- Ventilate indoor spaces.

How are new variants identified?

The MDHHS Bureau of Laboratories (BOL) conducts surveillance to quickly identify any variants of interest, including B.1.1.7, B 1.351, and P.1. The MDHHS BOL looks for the variant among people who test positive for COVID-19. CDC is contracting with large commercial diagnostic labs to sequence samples across the United States.

VACCINES

Additional information is available at Michigan.gov/COVIDVaccine

All Michiganders age 16 years and over are eligible to be vaccinated as of April 5, 2021.

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

All Michiganders aged 16 years and older are eligible to be vaccinated. Please visit Michigan.gov/COVIDvaccine for the latest information about vaccination including:

- [How to make an appointment](#) for vaccination (very limited supplies available)
- [Frequently Asked Questions](#)
- [Vaccine Prioritization](#) (who will be first to be vaccinated)

After being vaccinated for COVID-19, how long before I will be immune to the disease?

It typically takes a few 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.

In clinical trials, the vaccines currently available on the market demonstrate high efficacy against COVID-19, particularly with preventing hospitalizations, severe illness, and deaths.

People are considered fully vaccinated:

- 14 days after the second dose if given a two dose vaccine (Pfizer, Moderna)
- 14 days after the one dose if given a one dose vaccine (Johnson & Johnson)

After being fully vaccinated, continue to take steps to protect yourself and others:

- Wear a mask around others you don't live with
 - The [CDC no longer requires people who are fully vaccinated to wear a mask when gathering indoors with other fully vaccinated people, or when gathering indoors with unvaccinated people from one other household](#) – unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
 - All state requirements to wear a mask still apply – so plan on wearing a mask in all public settings. Fully vaccinated people are no longer required to wear a mask at residential gatherings.
- Wash hands frequently
- Keep 6 feet of distance between yourself and others you don't live with

What should be done if a patient scheduled for vaccination is exposed to COVID-19 and quarantined or is isolated for suspected or confirmed SARS-CoV-2 infection?

In general, the people scheduled for COVID-19 vaccination who are exposed to SARS-CoV-2 virus and quarantined should reschedule vaccination after their quarantine period has ended in order to avoid the risk of exposing vaccinators to the virus.

People diagnosed with SARS-CoV-2 infection before a scheduled vaccination should defer vaccination until after recovery and the end of the isolation period to avoid the risk of exposing vaccinators to the virus.

[Ask the Experts about COVID-19 - IAC experts answer Q&As \(immunize.org\)](https://immunize.org)

TESTING FOR THE VIRUS

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.

When will I get my test results?

Test result time varies based on which test you took, which lab performed the test, and the risk to you and your community. When you get tested, ask the health care provider or test site team how long it may take and how you will get your results. **Your healthcare provider or test site medical team will provide you with your results.** Due to privacy laws, laboratories, including the state lab (Bureau of Laboratories), will not be able to provide you with results over the phone, even if the test is conducted there. **If your symptoms get worse while you are waiting for results, contact your healthcare provider.**

How will I get my test results?

Your healthcare provider or the test site medical team will provide your results to you. Make sure to ask how you will receive your results when you get tested.

I heard I don't need a prescription to be tested?

In Michigan, we want anyone who needs a test to get one. Expanded testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Some testing locations offer screening and testing without a doctor's order first.

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

Look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

I have symptoms of COVID-19, but my primary care doctor will not test me for COVID-19.

What do I do?

Expanded testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Some testing locations offer screening and testing without a doctor's order first.

If your healthcare provider decides it is not necessary to test for COVID-19, and you do not agree, you can look for a testing site that does not require an appointment or a prescription or an order.

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

There are several tests and collection methods approved by the FDA. When you are tested for COVID-19, the way the sample is taken can vary based on the test being used and the swab being used. In some situations, samples can be self-collected to reduce exposure to the healthcare workers supervising the collection. In other situations, a healthcare worker may take the sample for you in your vehicle or in an office. With either 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.

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.

What we know:

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

Michigan Department of Health and Human Services (MDHHS) is working with the Centers for Disease Control and Prevention, to learn more about antibody testing for COVID-19 through a pilot project with medical professionals and first responders in Southeast Michigan. This project will be helpful in learning how we can use information from antibody testing to understand more about COVID-19. MDHHS is sharing information, monitoring research, and advising practitioners to follow CDC and FDA guidelines to protect consumers.

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. If you choose to do so, please understand the limitations of antibody testing and continue to practice social distancing regardless of the result.

ISOLATION AND QUARANTINE

Additional information is available at Michigan.gov/ContainCOVID

Should I get tested if I have to quarantine after being exposed to COVID-19?

If you are quarantining because you were exposed to the virus, but don't have any symptoms, it is recommended you wait until at least 5 days have passed since your quarantine began before getting tested. However, a negative test result can not be used to end quarantine early.

How are people monitored after they are exposed to the virus?

Public health professionals contact individuals with COVID-19 to ask questions about what people they have recently been in contact with to learn who else might have been exposed to the virus. People who are identified as close contacts of a person with diagnosed COVID-19 will be contacted to determine the status of their health (do they have symptoms of respiratory illness?) and advised to self-quarantine or self-isolate based on their situation and monitor themselves for symptoms.

- Isolation is for people who have symptoms of respiratory illness.
- Quarantine is for people who may have been exposed (close contacts) but do not have any symptoms.
- The local health department has legal authority to mandate quarantine or isolation for people. They will make this decision based on possible contacts and symptoms, in order to stop the virus from spreading.

Because COVID-19 is spreading significantly across the state, public health is unable to contact everyone who may have been exposed to the virus. Individuals should limit their exposure and if they become sick do their best to contact everyone they may have exposed, including their employer or school.

What will happen if the local health department contacts me about COVID-19?

Local health departments and Michigan Department of Health and Human Services (MDHHS) will contact Michiganders who have tested positive and their contacts to check on health status, provide information about COVID-19, help identify needed services, and track the spread of this infection in your community. They need to speak with the person directly impacted by COVID-19. If that person is not available, they may ask to speak to a spouse, parent or other trusted person. The calls may come from area codes you do not usually receive calls from, but please answer/return calls even though you may not like to answer the phone if you don't recognize a number.

Please also be on alert for scammers spoofing numbers from the local health departments (it appears as if the caller is calling from a recognizable number to encourage you to pick up the phone). MDHHS wants you to be aware that legitimate calls from the local health departments will not:

- Ask for personal financial information such as a social security number or driver's license number. Offer medication for prevention of COVID-19 (but they may call to schedule an appointment for you to be vaccinated)
- Ask for Medicaid or other insurance information for billing purposes.

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How do I monitor myself for symptoms?

Screen yourself for symptoms of respiratory illness such as cough, fever, and shortness of breath. If you develop symptoms and are concerned about your health, immediately isolate from others and contact your healthcare provider or get tested.

The [MI Symptoms App](#) can help you track your symptoms and keep an eye on your health – while you have symptoms or are healthy.

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

Stay in isolation until you meet all the criteria below:

- It has been ten days since your positive test date or ten days since you began showing symptoms.*
- You have been fever-free for 24 hours without taking fever-reducing medication.
- Other symptoms have improved (including cough or shortness of breath).

*[People with conditions that weaken their immune system](#) or those who were severely ill, might need to stay home longer than 10 days. Talk to your healthcare provider for more information.

What is considered a close contact?

Here are some examples of close contact:

- Caring for, living with, or visiting someone who has COVID-19.
- Being near someone who has COVID-19 in a confined space if that person is not wearing a mask.

Close contact is defined as:

- a. Being **within** approximately 6 feet (2 meters) of a COVID-19 case for **15 minutes** including brief encounters in a 24-hour period totaling 15 minutes or more. – or –
- b. Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).
- c. Having direct physical contact with the person (hugged or kissed them).
- d. You shared eating or drinking utensils.

If I am exposed to the virus, how long do I have to quarantine?

People who have been exposed to someone with COVID-19 must quarantine and monitor themselves for symptoms for 14 days following exposure. If you show any symptoms of the virus, you should immediately isolate and get tested.

Due to increasing case rates and variant spread in Michigan, MDHHS has reinstated a standard 14-day quarantine for close contacts of COVID-19 cases effective April 5, 2021.

Quarantine instructions for people who are fully vaccinated:

Fully vaccinated persons who meet criteria are no longer be required to quarantine following an

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exposure to someone with COVID-19 Individuals should keep their COVID-19 Vaccination Record Card to confirm their exemption from quarantine.

The immune period begins two weeks after vaccination:

- If given a two-dose vaccine series (Pfizer, Moderna) immunity builds two weeks after the **second** dose.
- If given a one-dose vaccine (Johnson & Johnson) immunity builds two weeks after the that dose.

Based on the schedules above, the individual may be exempt from quarantine, provided the individual does not have any COVID-19 symptoms.

This exemption does not apply to vaccinated inpatients and residents in health care settings. Inpatients and residents should continue to [quarantine](#) following an exposure to someone with suspected or confirmed COVID-19. For considerations for health care workers, please review [Return to Work & Health Monitoring for Healthcare Employees](#).

Why did the length of quarantine change?

Due to increasing case rates and variant spread in Michigan, MDHHS has reinstated a standard 14-day quarantine for close contacts of COVID-19 cases effective April 5, 2021.

Why is the length of quarantine not standard across the state?

MDHHS reinstated the recommendation for a 14 day quarantine for close contacts of COVID-19 cases effective April 5, 2021. This change is in response to increasing case rates and variant spread in Michigan. Local health departments (LHD) have the authority to set quarantine length to reduce spread of the virus for their jurisdiction. While many LHDs opted to follow the MDHHS recommendation of 14 days, others determined 10 days was sufficient to reduce spread based on the conditions in the communities they serve. Refer to your [local health department](#) website, or contact them, for information about quarantine specific to where you live.

[Information for more specific experiences for people who are not vaccinated can be found below based on the person you may have interacted with and if you were in close contact with that person.](#)

I've been around someone who has been diagnosed with COVID-19. Do I need to quarantine?

1. If you were not considered a close contact:

In general, it is encouraged that people stay home right now, as much as possible. Of course, if you develop symptoms, and are concerned about your health, contact your healthcare provider to discuss your symptoms.

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2. If you are a close contact:
You should self-quarantine away from others and monitor yourself for symptoms for 14 days since the last day you had contact with that person. If you develop symptoms of COVID-19, you should immediately isolate and get tested. Please call your healthcare provider, look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.
3. If you are a healthcare worker:
Follow your facility's guidance.

Someone in my household was exposed (as a close contact) to someone who tested positive for COVID-19. What should I do?

Have that person in the household self-quarantine for 14 days while monitoring for symptoms. Follow appropriate precautions for cleaning, hand hygiene, respiratory etiquette. If you receive any instructions from that person's employer or the local health department, follow them carefully.

You should monitor yourself for symptoms of COVID-19 and remember to practice good social distancing. If you develop any symptoms, you should self-isolate at home and get tested. Contact a healthcare provider, look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

I recently returned to work or school after recovering from COVID-19. If I am identified as a close contact of someone who currently has COVID-19, do I have to quarantine?

There are situations in which a close contact who has recently recovered from COVID-19 will not be required to quarantine.

- If you **do not** currently have symptoms of COVID-19, **and ...**
 - You were diagnosed with COVID-19 by either (1) a positive RT-PCR or antigen test for SARS-CoV-2 RNA within the last 90 days, or (2) a healthcare provider based on symptoms, and 90 days or less have passed since symptoms began,
 - **then** quarantine is not required and retesting for COVID-19 is not recommended.
- If you **have symptoms** of COVID-19, then ...
 - You must begin self-isolation immediately for 10 days after symptom onset and consult with a medical provider to determine if you may have been re-infected with SARS-CoV-2 or if symptoms are caused by another etiology.

EMPLOYMENT

Additional information is available at Michigan.gov/MISafeStart

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 worker protections during COVID-19.](#)

Does the State of Michigan require healthcare 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.

Healthcare 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 any questions about your procedure, including any potential testing.

I have an employee who was diagnosed with COVID-19? What should I do next?

You should let your employees know that they may have been exposed to COVID-19. Do not identify the person with COVID-19. Make sure your employees are advised of the [signs and symptoms of COVID-19](#) and to contact their health care provider if they are ill and concerned about their health.

- Employers should know the relevant laws and guidance for reopening their business. Full guidance is available at [Michigan.gov/MISafeStart](#).
- Employees (non-healthcare) who have symptoms of COVID-19 or have been diagnosed with COVID-19 should not return to work until [release from isolation criteria is met](#).

Do I need to close my business if someone that works here is diagnosed with COVID19?

Not necessarily. You should immediately close the area where the employee worked and perform a thorough cleaning (wait 24 hours before cleaning or as long as possible):

- Clean all frequently touched surfaces including workstations, countertops, doorknobs, and elevator buttons.
- Use cleaning agents that are usually used per your industry standards and follow the directions on the label.
- [Detailed cleaning guidance](#) is available from the CDC. Remember to follow guidelines for communicating with employees and when the employee can return to work. Contact your local health department with any additional questions.
- Employers should know the relevant laws and guidance for reopening their business. Full guidance is available at [Michigan.gov/MISafeStart](#).

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

[Learn more about worker protections during COVID-19.](#)

DATA

Additional information is available at Michigan.gov/Coronavirus

What does the outbreak data on the website mean?

Numbers of outbreaks are reported to MDHHS by local health departments every week. In general, a COVID-19 outbreak is: two or more cases connected by place and time indicating a shared exposure outside of a household. For example, two new COVID-19 cases where it has been identified they visited the same restaurant on the same day, would be reported as an outbreak.

Outbreak data is presented in two tables:

1. The number of new outbreaks
 - Identified in the current reporting week.
 - Reported by setting and emergency preparedness region.
2. The number of ongoing outbreaks
 - Identified in previous weeks, but have had at least one new associated case reported in the last two weeks.
 - After two weeks with no new cases, the outbreak is considered closed and removed from the ongoing outbreaks.
 - Reported by setting and emergency preparedness region.

New and ongoing outbreaks are only counted once: new outbreaks are not also counted in the ongoing outbreak category. 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 COVID-19 diagnostic tests that are positive on a given

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day. This is metric indicates whether enough tests are being done to detect most new cases. If enough 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 daily on the “Diagnostic 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.

- $\text{Number of positive tests} / \text{Total number of tests performed in the same day} = \text{Percent positivity}$
- 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/covid19/data-tracker/).