

What is COVID-19?

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

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

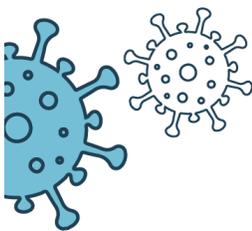
Please visit Michigan.gov/COVIDvaccine for the latest information about vaccination including:

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

When vaccinations will be given to each priority group depends on vaccine availability, among other factors. The timeline below outlines when it is currently estimated each group will be able to begin vaccination.

Preliminary COVID-19 Vaccination Timeline

Dates are estimated and expected to change based on vaccine availability.



Anyone age 16 or older

All remaining essential workers

Other essential frontline workers and people age 16-64 years with a health condition that puts them at high risk for serious COVID-19 complications

Michiganders age 65 and older, frontline essential workers, child care and pre-K through high school staff, and congregate care facilities

Health care workers and long term care residents and staff

Dec	January	February	March	April	May	June	July	August	September
-----	---------	----------	-------	-------	-----	------	------	--------	-----------



To find a vaccine and schedule an appointment, visit Michigan.gov/COVIDvaccine.

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.

Most people will have built immunity within 7-10 days after the **second dose**. In order for the vaccine to be effective, it is important to get both doses.

In clinical trials, the vaccines currently available on the market were more than 90% effective at preventing COVID-19. Like all vaccines, it is possible to become infected – but if you do, you likely won't get as sick as you could if you were not vaccinated.

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

- Wear a mask around others you don't live with
- Wash hands frequently
- Keep 6 feet of distance between yourself and others you don't live with

Quarantine instructions for people who are fully vaccinated:

Vaccinated individuals may not be required to quarantine if exposed to the virus during an immune period following vaccination. Individuals should keep their Vaccination Record Card so they know exactly how long they may be exempt from quarantine.

The immune period begins two weeks after vaccination through three months:

- If given a two-dose vaccine series (Pfizer, Moderna) immunity will be achieved two weeks after the **second** dose.
- If given a one-dose vaccine (none currently on the market) immunity will be achieved two weeks after the that dose.

Once immunity is achieved based on the schedules above, the individual may be exempt from quarantine for the following three months, provided the individual does not have any COVID-19 symptoms.

This exemption does not apply to vaccinated inpatients and residents in healthcare 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](#).

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 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:

- 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.

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.

Should I get tested for COVID-19? To avoid bringing COVID-19 home or spreading it to others in the community, it is important you get tested if any of the following is true:

- You feel sick.
- Someone close to you feels sick.
- You work outside the home.

Find a testing site at Michigan.gov/CoronavirusTest or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

Should I get tested if I don't have symptoms of 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.

You may also want to talk with your health care provider and think about getting tested for COVID-19 if:

- You are entering or already in a group living or congregate care setting (like a nursing home, shelter or other group living home), even if you don't have symptoms
- You are going to the hospital for a surgical procedure, even if you don't have symptoms

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.

Is there a correlation of deaths by blood type?

There have been two small research studies done into the correlation between blood type and COVID-19 severity which may indicate that blood type is a factor in the course of disease. However, these studies have not been peer-reviewed and are not considered reliable scientific evidence at this time. More research is being done to determine the true impact of blood type in COVID-19 and the best defense is still prevention of transmission.

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.

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).

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 they don't show any symptoms during the first 10 days, they may discontinue quarantine and only monitor for symptoms for the remaining four days.
- If they do show any symptoms of the virus, they should immediately isolate and get tested.

Why did the length of quarantine change?

The standard 14 day quarantine period remains in effect, however, now there is an option to reduce to 10 days if no sign of infection. The existing 14 day quarantine was based on earlier data that estimated the COVID-19 incubation period as 14 days. Nationally, hundreds of thousands of cases of COVID-19 have been reviewed and that data shows that 99% of infections occur within 10 days of exposure. MDHHS continues to look at options to further reduce the quarantine period.

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.

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](https://www.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. 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.

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.

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.

Can students assist or be assigned disinfection duties within a school setting to prevent the spread of COVID-19?

Students, regardless of age, should not participate in disinfection activities within school settings per the CDC guidance "[Operating Schools During COVID-19: CDC's Considerations](#)".

- Staff and adult volunteers should be assigned all disinfection duties.
- Disinfection products should not be used near children.
- Staff should ensure there is adequate ventilation when using disinfection products to prevent children or themselves from inhaling toxic fumes.
- For a list of EPA disinfection products, visit <https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>
- For additional information about cleaning and disinfection see "[Cleaning and Disinfecting Your Facility](#)".

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.

Who can be tested for COVID-19?

Most people can 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 by calling the COVID-19 hotline at 888-535-6136 for help finding a site near you. If testing supplies are limited, some test sites or doctor's offices may need to prioritize individuals with COVID-19 symptoms or based on the following groups:

- People who are part of communities facing inequity in access (areas with higher proportion of racial/ethnic minorities and rural communities)
- Asymptomatic patients in preparation for surgical procedures
- Asymptomatic people with known exposure to a person with confirmed COVID-19 or symptoms of COVID-19
- Health Care Provider, Healthcare Facilities, Infection Control, and Laboratory Administrators
- Asymptomatic people living or working in a congregate care facility or other high risk setting (i.e. nursing home, jail, prison, homeless shelter, assisted living facility, etc.) that:
 - Had a confirmed case among residents or workers
 - Is located in a region of medium risk or higher, or
 - Is receiving patients from an area of medium risk or higher
- Asymptomatic people who work in a profession that puts them at high risk of exposure, including:
 - Repeated and prolonged [close contact with the public](#)
 - Working in a high-risk profession where clusters of infections have been identified (i.e., migrant workers, food processing facilities, etc.)
 - Working in person or in areas of the state with businesses re-opening

Information for more specific experiences 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 self-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.

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 no symptoms develop in 10 days, you may end quarantine, but must continue to monitor for symptoms for the remaining four days. 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 10 days while monitoring for symptoms. If no symptoms develop within 10 days, they may discontinue quarantine, but must continue to monitor for symptoms for an additional 4 days. 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 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.

Who determines if someone is 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 for help finding a site near you. Tests may be ordered by a doctor, pharmacist or nurse for anyone and for any reason. Some testing locations offer screening and testing without a doctor's order.

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 for help finding a site near you.

- Tests may also be ordered by a doctor, pharmacist or nurse for anyone and for any reason. Some testing locations offer screening and testing without a doctor's order.
- You can also contact your healthcare provider or local urgent care to ask about testing if you don't have a COVID-19 testing site near you.

Your healthcare provider or the test site medical team will provide your results to you.

- 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.
 - If you think you are having a medical emergency like chest pain or severe difficulty breathing, you should go to an emergency department.

I heard I don't need a prescription to get a test done?

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.

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.

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.

Where can I find a testing site near me?

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.

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.

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.

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.

When will I get my test results?

There is no way to know exactly when you will get your test results. Your results could take more than a week depending on which lab performed the test and the risk to you and your community. **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.**

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.

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.](#)

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 1-8887337753 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

Do our healthcare workers have enough Personal Protective Equipment (PPE)? There is a nation-wide shortage of PPE. The State of Michigan is taking necessary steps to order and distribute emergency material, including PPE, to frontline health care workers. Responding agencies should work with local emergency management to request PPE if it is needed. You can find information about PPE available on the Information About Places page of the COVID-19 website.

PPE is being acquired through:

- Federal allocations
- Leveraging emergency procurement with PPE manufacturers
- Collection of donated material

MDHHS provided guidelines to healthcare providers, facilities and EMS agencies including:

- How to properly use PPE
- How to optimize the use of PPE

If you need help finding PPE for your business, find assistance through the [Pure Michigan Business Connect Procurement Platform](#)

If you have PPE to donate: www.Michigan.gov/FightCOVID19

Can I sew a facemask to use for myself or to donate to healthcare workers?

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.

- Some healthcare agencies may accept donations of masks, you will want to check to see if they have any requirements for accepting donations before sewing. For example, some agencies prefer the inside and outside of masks be different colors so healthcare workers can easily tell which side should be against their face.
- For information about what types of donations the state is collecting, please visit: Michigan.gov/FightCOVID19

Does the state monitor travelers returning to Michigan?

MDHHS receives daily referrals about travelers from the CDC airport quarantine stations. Once MDHHS receives the referral, the information is provided to the local health department in the community where the traveler lives. Local health department staff contact the individual,

assess their risk and may supervise daily for health monitoring for 14 days after their last day of exposure.

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:

- Offer medication for treatment or prevention of COVID-19.
- Ask for Medicaid or other insurance information for billing purposes.
- Ask for personal financial information such as a social security number or driver's license number.

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 day. This 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 positive data is posted daily on the “Diagnostic Testing” tab at 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](#).

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](#).

Will the local health department reach out to my business if we have a positive case of COVID-19?

The local health department oversees investigations into COVID-19 cases. They follow up with people who may have been in contact with the patient and may release any locations a patient visited, if they cannot fully account for all potential contacts. Contact your local health department with any additional questions.