

# YOU WERE TESTED FOR COVID-19

## NOW WHAT?\*

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

### DO:



**Limit interaction with those around you.**

Stay in a separate room, like a bedroom, away from others in your home. Use a different bathroom if you can.



**Wear a mask or cloth face covering.** 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 mask or cloth face covering that covers their nose and mouth.



**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:



**Answer your health department's call.** They will reach out to begin contact tracing. 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 in contact with the health department.** They can help you figure out when to end isolation. Continue in isolation until you can check all 3 boxes:

- It has been 10 days since your positive test result or 10 days since you began showing symptoms **AND**
- You have been fever free for 72 hours (3 days) without taking fever-reducing medication **AND**
- All symptoms have improved, including cough or shortness of breath

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



**Stay home and away from others.** Until 72 hours (3 days) after symptoms are gone.



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

### If you test NEGATIVE and don't have symptoms, BUT you were asked to quarantine by the local health department:



**Continue to follow the instructions of the health department.**

## Contact Tracing: What to Expect

If you get a call from your local health department or MI COVID HELP, answering your phone is important to protect your friends, family, neighbors and coworkers.

- Your name will not be shared with anyone.
- You will never be asked for personal identification like a Social Security number, driver's license, immigration status or credit card information.
- The contact tracer will ask how you are feeling and about people you were in contact with recently. They can also share tips to protect others.

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

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