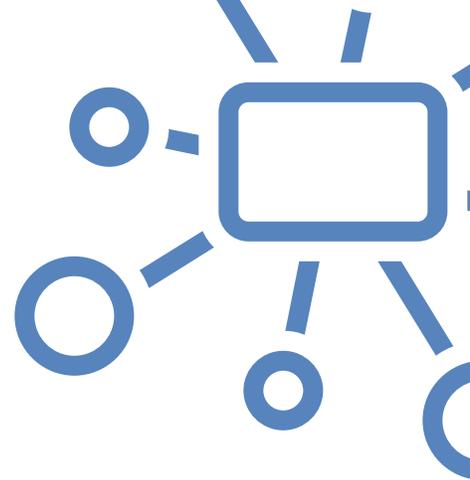


IF YOU TEST POSITIVE FOR COVID-19



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

Start isolating yourself right away. Stay home except for medical care. Let your employer know you have COVID-19.

Notify your close contacts so they can start to quarantine themselves.

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

You can resume normal activities when

- 10 days have passed since symptoms started (or test date if no symptoms),
- you are fever-free for 24 hours, and
- your symptoms have improved.

Contact your health care provider as soon as possible to ask if they recommend treatment with monoclonal antibodies or other medications for you.

- Early action is vital in preventing serious illness or hospitalization.



Barry-Eaton District
Health Department

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for at least 10 days from your last contact to COVID+ person while they were considered contagious. Continue to monitor yourself for any symptoms for an additional 4 days.

If you are exposed by a household member you need to quarantine for 10 days. If you are exposed by someone who does not live with you, you can shorten your quarantine if you test negative for COVID-19 at least 6 days after exposure. Individuals who are fully vaccinated and show no symptoms do not need to quarantine however they should wear a mask indoors for 14 days and get tested 5 - 7 days after close contact with someone.

If you are fully vaccinated against COVID-19, you do not need to quarantine unless you are experiencing symptoms.