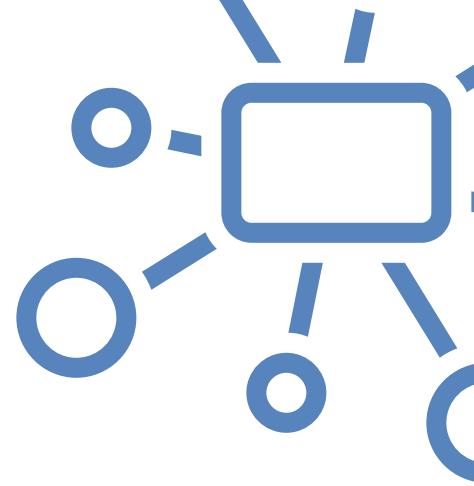


# IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone, regardless of vaccination status, 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**

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

\*continue to wear a mask around others for 5 additional days

**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 and hospitalization\***



**Barry-Eaton District Health Department**

## CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

For individuals who have been boosted OR have completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months:

- Wear a mask around others for at least 10 days
- Test 5 days from exposure
- If you develop symptoms, get a test and stay home

For individuals who completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR completed the primary series of J&J over 2 months ago and are not boosted OR are unvaccinated:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home