

YOU WERE TESTED FOR COVID-19... NOW WHAT?*

While you wait for your results, here's how you can protect your friends, family, 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 available:

Michigan 2-1-1: Visit 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 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 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:



Begin isolating immediately. As cases sharply rise, the health department may not be able to call right away. Notify your close contacts that they should quarantine for 10 days and monitor for symptoms for 14 days, starting from the latest day they were a close contact with you. You are infections two days before symptoms appear.

Close contacts are determined by **distance** and **time**. They:

- Were within **6 feet** of you while you were infections, **AND**
- Spent **15 minutes** over the course of 24 hours with you



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.



After 10 days you may end isolation if you meet these criteria:

- Have not had a fever for at least 24 hours, without the use of fever reducing medication.
- Other symptoms, like cough or shortness of breath, have improved.

IF YOU TEST NEGATIVE, BUT STILL HAVE SYMPTOMS:



Stay home and away from others. Until at least 24 hours 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 were asked by the health department to quarantine, follow the instructions of the health department and stay home through your quarantine date.

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.



Barry-Eaton District
Health Department

***Does not pertain to healthcare workers or first responders.**

For more information visit www.barryeatonhealth.org.