

# 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.

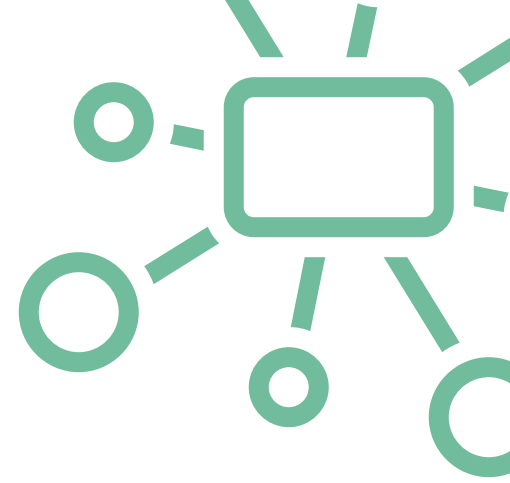
## Help is available:

**Michigan 2-1-1:** Visit [mi211.org](https://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](https://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](https://Michigan.gov/StayWell) for more information. Counseling is free, confidential, and available 24/7.

# 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**

Updated 12/28/21. Information is subject to change at any time.

## 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