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.

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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*

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

Barry-Eaton District Health Department

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