IF YOU TEST POSITIVE FOR COVID-19

With the increase in COVID-19 cases in our area, you might not hear from directly from the health department. 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 all of the following occur:
- 10 days have passed since symptoms started (or test date if no symptoms), &
- you are fever-free for 24 hours, (without fever-reducing drugs) &
- your symptoms have improved.

If you need an isolation or quarantine letter for your employer, you can call the health department at (517) 887-4517 or request one at hd.ingham.org/coronavirus

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 (within 6 feet for 15+ minutes total) need to quarantine for 14 days from their last contact with a COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

You cannot test your way out of quarantine. Because the incubation period of this virus is long, close contacts need to stay home/watch for symptoms 14 days from their last contact, even if they receive a negative test result. Close contacts of the quarantined person do not need to quarantine. For example, if a child was exposed at school, the child's parents do not need to quarantine unless their own child tests positive for COVID-19.

Isolation vs. Quarantine

Isolation is for people with COVID-19. It lasts for at least ten days since symptoms started.

Quarantine is for people who have not tested positive for COVID-19 but had a close contact. It lasts for 14 days since the person was in close contact with someone who has COVID-19.

Ingham County Health Department
hd.ingham.org/coronavirus
(517)887-4517