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. We ask everyone to follow these steps to help stop the spread.

1. **Start isolating yourself right away.**
   - Stay home except for medical care.
   - Stay away from everyone else in your household (stay in a different room, use separate bathroom if possible, etc.)
   - Let your employer/school know you have COVID-19.

2. **Notify your close contacts so they can start to quarantine themselves.**
   - Close contacts include anyone that was within 6 feet for more than 15 minutes over a 24 hour period while contagious.
   - Contagious starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.
   - Example: John started showing symptoms on Saturday. John was contagious Thursday and Friday. John must think of all "close contacts" from Thursday, Friday and Saturday and notify them.

3. **You can resume normal activities when:**
   - 10 days have passed since symptoms started (or test date if no symptoms), **AND**
   - you are fever-free for 24 hours, **AND**
   - your symptoms have improved.

QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS

Start quarantining right away if you are a close contact.

Close contacts of a positive case (less than 6 feet apart for 15+ minutes total) should quarantine. We recommend the general public to quarantine for 14 days from their last contact with an infected person. This option is safest for everyone. However, evidence shows that the risk of illness is greatly reduced between days 11-14. Therefore, your quarantine can end after 10 days if:

- You do not develop symptoms within 10 days **AND**
- You continue to monitor your symptoms for 4 days.

To be clear, there is still a risk of developing an illness between days 11-14; it is lower than the first 10 days. During quarantine:

- Stay home except to get medical care.
- Monitor yourself for symptoms.
- Get tested if you develop symptoms.

Tested positive for COVID-19?
SELF-REPORT ONLINE
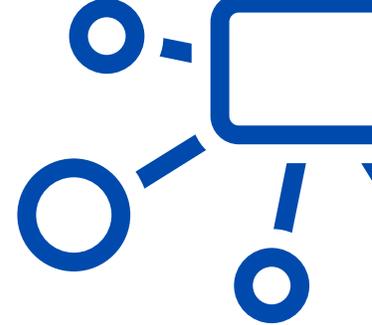
With the increase in COVID-19 cases in our area, you might not hear from the health department. SCHD asks you to fill out our Self-Reporting Form online!

SCAN ME

Don't have a smartphone to scan the above picture? Find the form at http://health.shiawassee.net under COVID-19 Reporting.

SHIAWASSEE COUNTY
HEALTH DEPARTMENT
Promoting Wellness. Protecting Health.

Created 3/31/2020. Information is subject to change at any time.