

YOU WERE TESTED FOR COVID-19

NOW WHAT?*

WHILE YOU WAIT for your COVID-19 results, protect your family, friends 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 here for you!

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:



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.



Stay in contact with the health department. They can help you figure out when to end isolation. Continue in isolation until you can check all 3 boxes:

- It has been 10 days since your positive test result or 10 days since you began showing symptoms **AND**
- You have been fever free for 72 hours (3 days) without taking fever-reducing medication **AND**
- All symptoms have improved, including cough or shortness of breath

If you test NEGATIVE, BUT still have symptoms of an illness:



Stay home and away from others. Until 72 hours (3 days) 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 you were asked to quarantine by the local health department:



Continue to follow the instructions of the health department.

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.

For more information, visit Michigan.gov/ContainCOVID or Washtenaw.org/COVID19.

*This guidance does not apply to health care workers or first responders.