COVID-19
What You Need to Know

Washtenaw County
Health Department

What is COVID-19?

COVID-19 is a virus that can lead to illnesses ranging from the common cold to severe respiratory disease.

What are the symptoms?

People with COVID-19 may have different symptoms. Common symptoms of COVID-19 include:

- Fever
- Cough
- Shortness of breath
- Muscle aches
- Severe tiredness
- Chills
- New loss of taste or smell
- Diarrhea
- Runny nose or sore throat

Symptoms may appear in as few as 2 days or as long as 14 days after exposure.

How is it spread?

Health experts are still learning about how COVID-19 spreads. The virus is spread easily between people through respiratory droplets when an infected person coughs, sneezes, or talks. COVID-19 may be spread by people who are not showing symptoms.

How is it treated?

There is no vaccine yet or specific treatment recommended for COVID-19. People diagnosed with COVID-19 can seek medical care to relieve symptoms.

Information as of 12/9/2020

Find the latest information at Washtenaw.org/health, Michigan.gov/Coronavirus, and CDC.gov/Coronavirus.

How is it prevented?

The best way to prevent infection is to avoid being exposed to the virus. **Everyone should practice these good prevention strategies:**

- When outside of your home, practice social/physical distance by staying at least 6 feet away from others.
- Wear a face covering when out in public.
- Wash hands frequently with soap and water for at least 20 seconds. Use hand sanitizer if you don't have soap and water.
- Avoid touching your face and mouth.
- If you are sick, stay home and avoid others. Only go out if you need to get medical care.
- Avoid being in small indoor rooms with poor airflow with non-household members. Being outdoors in an open space is safer.
- Cover your coughs and sneezes.
- Stay home as much as possible.

What should I do if I am sick?

If you are feeling sick with any symptoms of COVID-19, follow these steps to avoid spreading the virus:

- Stay home, except to get medical care
- Stay away from people and pets in your home
- Manage symptoms with fever-reducing medicine. Stay hydrated and eat when you can.

Call a doctor if you have:

- Fever that doesn't come down with medication
- Vomiting or diarrhea lasting more than 24 hours or any bloody diarrhea
- Shortness of breath
- Symptoms that keep getting worse or feel unmanageable

Call the emergency room or 9-1-1 if you have:

- Difficulty breathing/inability to catch your breath
- Chest pain
- Feeling faint/light-headed or unstable in any way

This fact sheet is in for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

Washtenaw County Health Department • 555 Towner Street • Ypsilanti, MI 48197 • 734-544-6700 • washtenaw.org/health

What is a close contact?

A close contact is anyone you have had face-to-face contact with at less than 6 feet apart for 15 minutes or more.

When should I quarantine or isolate?

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

Therefore, your quarantine can end after 10 days if:

1. You do not develop symptoms within 10 days **AND**
2. You continue to monitor your symptoms for 14 days

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

During quarantine:

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

You can't test out of quarantine. It can take up to 14 days after exposure for an illness to develop. If you develop symptoms, you should get tested and self-isolate.

Information as of 12/9/2020

Find the latest information at Washtenaw.org/health, Michigan.gov/Coronavirus, and CDC.gov/Coronavirus.

When should I quarantine or isolate? (continued)

You should self-isolate if:
*   You have symptoms of COVID-19 **BUT**
*   You aren't sick enough to go to the hospital

Self-isolating means you should:
*   Stay home at all times and stay in a separate room from other people in your home.
*   Use a separate bathroom from other people in your home, if possible. Keep toothbrushes separate if you must use the same bathroom.
*   Avoid contact with the other people in your home.
*   Have the other people in your home self-quarantine.
*   Wear a mask if you go into shared spaces in your home.

Learn more about quarantine and isolation here: http://bit.ly/isoandquar

What is contact tracing? Why is it important?

Contact tracing helps contain outbreaks by quickly alerting people who may have been exposed to COVID-19, so they don't spread the virus to others. If the health department or the MI COVID HELP line calls you, please pick up or call back as soon as you can!

Learn more about contact tracing: http://bit.ly/COVIDtrace

Who can I contact for COVID-19 related concerns?

The following webpage contains detailed information about how to report COVID-19 cases or concerns: http://bit.ly/COVIDcontact

COVID-19
What You Need to Know

Washtenaw County
Health Department