

IF YOU TEST POSITIVE FOR COVID-19



There's an increase in COVID-19 cases in our area. If you've been exposed, you might not hear from the health department right away. Follow these steps to help stop the spread!

1. Start isolating yourself right away.

- Stay home except to get medical care.
- Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.).
- Tell your employer you have COVID-19.

2. Tell your close contacts so they can quarantine themselves.

- A close contact is anyone who had face-to-face contact with an infected person within 6 feet for at least 15 minutes or any physical contact such as hugging or sharing eating utensils or drinks.
- Please note there may be exceptions to this criteria in certain cases where the risk of transmission is higher (e.g. contact during high impact sports).

You can resume normal activities when:

- 10 days have passed since your symptoms started (or since your test date if no symptoms),
- you don't have a fever for 24 hours, AND
- your symptoms have improved



If you need an isolation or quarantine letter for your employer, email L-wchdcontact@washtenaw.org or call 734-544-6700 and leave a message.

QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS

Start quarantining right away if you are told 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 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.