



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

(AKA isolation guidance)

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.).
- Talk to your primary care provider or an urgent care provider right away to see if you qualify for treatment. This is especially important for those who are high risk.
- Tell your employer you have COVID-19.

2. Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine guidance. This is especially important for personal/household contacts* and immunocompromised or high-risk people.

*Personal/household contacts includes those who live with you, sleep over, carpool, or have direct exposure to your respiratory secretions (e.g., kissing, sharing drinks, changing diapers, etc.).

"Improving symptoms" means your symptoms have gotten noticeably better. Some symptoms (like fatigue & loss of smell) may last longer. For questions, contact your medical provider.

3. On Day 5, do you have no symptoms or are your symptoms improving?

- If yes, you can stop isolation on day 6**. Wear a well-fitting mask around others (including household members) through day 10. If you cannot wear a mask, continue isolating for the full 10 days.
- If no, you should not stop isolation. Continue isolating until symptoms improve or 10 days have gone by since you tested positive or first developed symptoms**.

**No one should leave isolation until they have been fever-free for 24 hours without the use of fever-reducing medication. If symptoms are not resolving or are worsening, seek medical care.

NOTE: If you develop symptoms after testing positive, your isolation period starts over. Day 0 is your first day of isolation


See page 3 for how to count days after testing positive



When we say wear a mask, we mean a surgical, KN95, or N95 mask (not cloth!)

Additional recommendations from the Washtenaw County Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- **Take a rapid antigen test on day 5 of isolation if possible.**
 - If negative, end isolation on day 6 and wear a mask around others through day 10.
 - If positive, continue to isolate through day 10.
- **If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can.**
- **If you are often around vulnerable populations (e.g., immunocompromised or elderly people):**
 - Consider continuing isolation for longer (a full 10 days).
 - If you decide to stop isolation before 10 days, take a rapid antigen test. If positive, consider isolating for the full 10 days.

If you need an isolation or quarantine letter for your employer, email health@washtenaw.org or call 734-544-6700 and leave a message. These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance.



WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

(AKA quarantine guidance/guidance for close contacts)

If the person you were exposed to is a personal or household contact:

Personal/household contacts includes those who live with you, sleep over, carpool, or have direct exposure to your respiratory secretions (e.g., kissing, sharing drinks, changing diapers, etc.).

- Monitor for symptoms for 10 days.
- Test at least one time if possible 3-7 days after exposure (if symptoms develop, definitely test).
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others. If unable or unwilling to mask, quarantine at home for 10 days.
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from the date of last exposure.*

If the person you were exposed to is not a personal or household contact:

(e.g., you were exposed in a community, social, or work setting)

- Monitor for symptoms for 10 days.
- Test if you develop symptoms.
- Consider wearing a well-fitting mask for 10 days from the date of last exposure to protect others. At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from the date of last exposure.*



See page 3 to see how to count days after being exposed

*Activities with higher risk of exposing vulnerable individuals may include activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregate settings.

If you develop symptoms, avoid others and get tested (PCR or rapid antigen).

If positive, follow isolation guidance. If negative, stay home until symptoms resolve.

If symptoms worsen or change, follow up with a medical provider and consider getting another test.



When we say wear a mask, we mean a surgical, KN95, or N95 mask (not cloth!)

Additional recommendations from the Washtenaw County Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- **If you are often around vulnerable populations (e.g., immunocompromised or elderly people):**
 - Consider staying home/quarantining for a full 10 days after exposure

If you need an isolation or quarantine letter for your employer, email health@washtenaw.org or call 734-544-6700 and leave a message. These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance.



How to count days after testing positive or being exposed to COVID-19

If you test positive:

WCHD recommendation: if you're often around vulnerable populations, consider continuing isolation for a full 10 days (if doing this, Day 11 would be when you are done with isolation).

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. Day 0	Day 1	Day 2	Day 3	Day 4	If you have no symptoms or if symptoms are resolving, this could be last day of isolation + Day 5	If you have no symptoms or if symptoms are resolving, could be done with isolation* Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	*Keep wearing a well-fitting mask when around others until Day 11 + Take a rapid antigen test this day to determine next steps, if possible	

If the person you were exposed to is a personal or household contact:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Wear a well-fitting mask around others. Day 0	Day 1	Day 2	Day 3	Day 4	Get tested 3-7 days after exposure, if possible. Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	You may stop wearing a mask around others. Day 11		

If the person you were exposed to is not a personal or household contact:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Consider wearing a well-fitting mask around others. Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	You may stop wearing a mask around others. Day 11		

WCHD recommendation for those who were exposed to COVID-19: if you are often around vulnerable populations, consider staying home/quarantining for a full 10 days after exposure (if doing this, Day 11 would be when you can stop quarantining).

These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.