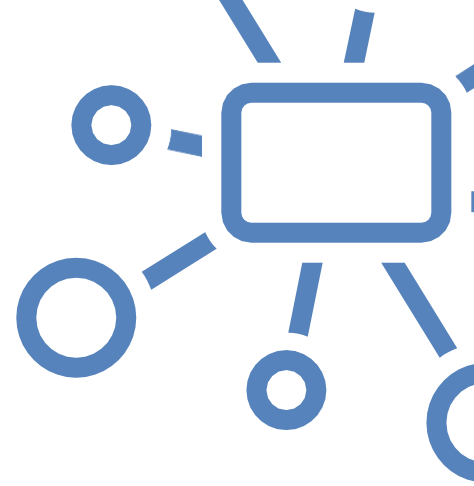


IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

Start isolating yourself right away. Stay home except for medical care. Let your employer know you have COVID-19.

Notify your close contacts so they can start to quarantine themselves.

- ♦ Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- ♦ Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

You can resume normal activities when

- ♦ 10 days have passed since symptoms started (or test date if no symptoms),
- ♦ you are fever-free for 24 hours, **and**
- ♦ your symptoms have improved.

If you experience difficulty breathing, shortness of breath or chest pain call 9-1-1 and go to your nearest Emergency room.

Questions call 810-667-0448
Lapeer County Health Department



Created 11/4/2020 by Barry Eaton Health Department.
Information is subject to change at any time. Updated 12/3/2

CLOSE CONTACTS QUARANTINE INSTRUCTIONS:

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (< 6 ft, 15 + minutes) need to quarantine for 10 days from your last contact to COVID+ person. You will need to monitor yourself for symptoms days 11-14. If you become symptomatic **GET TESTED and stay home until you have results.**

There is still a 1% risk of developing symptoms after day 10. Be mindful!

QUARANTINE vs. ISOLATION

QUARANTINE: Who needs to quarantine?

People who have been in close contact with someone with COVID-19
—excluding people who have had COVID-19 within the past 3 months

- Stay home for 10 days after your last contact with a person who has COVID-19. If you have no symptoms after 10 days you may end quarantine- **HOWEVER** you should still monitor for symptoms for 14 days. If you become symptomatic on day 11-14 **GET TESTED** and stay home until you have results.
- Watch for fever, cough, shortness of breath or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at high risk for getting very sick from COVID-19



What is close contact?

- You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person
- You share eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

ISOLATION: Who needs to isolate?

People who have symptoms of COVID-19 and are not sick enough to require hospitalization;
stay home except to seek medical care



- Monitor your symptoms- seek emergency care immediately if you are experiencing emergency warning signs
- Stay in a separate room from other household members and use a separate bathroom if possible
- Avoid contact with other members of the household and pets
- Do not share personal household items like towels, cups and utensils
- Wear a mask when around other people.

For Bi-weekly Lapeer County COVID-19 updates please visit our website at:

www.lapeercountyweb.org/index.php/11-department/county-health-department/128-covid-19

Developed by the Genesee County Health Department and adapted for Lapeer County use 12/3/20