

BEEN DIAGNOSED WITH COVID-19 OR HAVE SYMPTOMS AND YOU ARE WAITING FOR TEST RESULTS?

- As COVID-19 cases increase, it might take a few days for you to hear from the health department by phone or text if you test positive.
- If the health department does call or send you a text, please answer the phone or follow the text message instructions.
- Follow these steps to help stop the spread:

Start isolating yourself right away while waiting for results if you have symptoms and if you test positive.

- Isolation is 10 days.
- **STAY HOME AND AWAY FROM OTHERS**
- Let your employer and child's school know you have COVID-19. Read more about isolation [here](#).

Notify your close contacts so they can start to quarantine.

- Close contacts = people within 6 feet for more than 15 minutes total in a 24 hour period, when the positive person was contagious.*
- You are contagious 2 days before your symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period. You can notify your contacts anonymously [here](#).

You can return to normal activities

- after 10 days have passed since symptoms started (or test date if never had symptoms),
- if you are fever-free for 24 hours, and
- if your symptoms have improved.



Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

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

Unless fully vaccinated, quarantine is 10 to 14 days. If contacts develop symptoms, get tested, but stay home otherwise.

Individuals who are fully vaccinated AND don't have any symptoms don't have to quarantine after exposure to a person with COVID-19. It is recommended to get tested 5 - 7 days after exposure and wear a mask indoors for 14 days or until after receiving a negative test. Read more [here](#).

Read more about quarantine [here](#).

*Close contacts may be different for school exposures; consult with your school or health department.