



# WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

## 1. Start isolating yourself right away.

- Stay home for at least 5 days 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.

**"Resolving symptoms"** means your symptoms have gotten noticeably better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

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

- Tell them you tested positive so they can follow quarantine guidance.

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

- If yes, you can stop isolation on day 6. Testing is recommended. Continue to wear a well-fitting mask around others through day 10.
- If no, you should not stop isolation - continue isolating until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms. If you have a fever, continue to isolate until you are fever-free for at least 24 hours without the use of fever-reducing medication.
- If you are unable or unwilling to wear a mask, quarantine is recommended through day 10.
- If symptoms do not improve or are worsening, seek medical care.



See page 3 to see how to count days after testing positive



[Check here for mask recommendations](#)

### Additional recommendations from the Lenawee County Health Department (LCHD):

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

**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, consider taking a rapid antigen test. If positive, isolate for the full 10 days.

\*These are guidelines for the general population.

Certain settings like schools and health care facilities may have additional guidance.



LENAWEE COUNTY  
HEALTH DEPARTMENT

Last updated 5/20/2022. Information is subject to change at any time.

See more about what to do if you're sick or exposed at

[www.lenaweehealthdepartment.org](http://www.lenaweehealthdepartment.org) - 517-264-5226 option 5



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

## MDHHS guidelines for the general population:

Note if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.



See pages 3-4 to see how to count days after being exposed

### If you are exposed to a personal/household contact\* ...

- **Conduct symptom monitoring for 10 days; and**
- **Test at least one time if possible 3-7 days after exposure; and**
- **Wear a well-fitting mask for 10 days from the date of last exposure to protect others (home quarantine is an alternative for those who are unwilling or unable to mask); and**
- **Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals\*\* for 10 days from the last date of exposure**

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 your medical provider and consider getting another COVID-19 test.

### If you are exposed to another type of contact (community, social, or work setting) ...

- **Conduct symptom monitoring for 10 days; and**
- **Test if symptoms develop; and**
- **Consider wearing a well-fitting mask around others 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. \*\***

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 your medical provider and consider getting another COVID-19 test.



[Check here for mask recommendations](#)

**\*Personal/household contact:** Individuals you share living spaces with, including bedrooms, bathrooms, living rooms and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...) This would include exposure in a childcare setting for those under 2 years of age.

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

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

## IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. <b>Day 0</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	*If you have no symptoms or if symptoms are resolving, this could be last day of isolation <b>Day 5</b>	Continue to wear a well-fitting mask when around others through day 10. <b>Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	You may stop wearing a well-fitting mask around others. <b>Day 11</b>	*If symptoms continue past day 5, or they have not improved, continue isolation through day 10.	

**LCHD recommendation: If you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation.**  
If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And it was a personal/household exposure you should:

- Monitor for symptoms for 10 days; and
- Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Start wearing a well-fitting mask around others. Monitor for symptoms. <b>Day 0</b>	<b>Day 1</b>	<b>Day 2</b>	Get tested on this day or any day through day 7. <b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	Last day to monitor for symptoms. <b>Day 10</b>	You may stop wearing a well-fitting mask around others. <b>Day 11</b>	If symptoms develop, follow isolation protocol. Recommended to avoid unmasked activities or activities that could expose vulnerable populations.	

**LCHD recommendation: In high-risk, congregate settings (like long-term care facilities, jails, etc.) or 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 doing this, Day 11 would be when you can stop quarantining.**  
If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

\*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.



## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And it was another type of contact (community, social, or work setting) you should...

- Monitor for symptoms for 10 days; and
- Test if symptoms develop; and
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others

You're exposed. Consider wearing a well-fitting mask around others. Monitor for symptoms.	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5
	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
			Last day to monitor for symptoms.	You may stop wearing a well-fitting mask around others.	If symptoms develop, follow isolation protocol. Recommended to avoid unmasked activities or activities that could expose vulnerable populations.	

**LCHD recommendation:** in high-risk, congregate settings (like long-term care facilities, jails, etc.) or 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 doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

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