



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

***These are guidelines for the general population (including K-12 schools)**

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.



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

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.

MDHHS guidelines regardless of vaccination status:

3. On Day 5, are your symptoms gone or are your symptoms resolving?

- If yes, you can stop isolation on day 6*.
 - Wear a well-fitting mask around others (including household members) through day 10.
 - Avoid people who are immunocompromised or at high risk for severe illness and avoid high-risk settings (like being around grandparents) until after at least 10 days.
 - Avoid travel and take precautions 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*.

"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.

*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.

Wear the best mask available to you

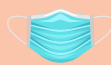
Cloth



GOOD



Surgical



BETTER



N95/KN95



BEST



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

***These are guidelines for the general population (including K-12 schools)**

If your...

- Exposure is to a personal/household contact*

Then you should:

- Conduct symptom monitoring for 10 days
- Test at least one time if possible 3-7 days after exposure and if symptoms develop
- 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 unable or unwilling to mask)
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals** for 10 days from the date of last exposure

*Personal/Household contacts include 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 childcare settings for those under 2 years of age.

**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.



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

If your...

- Exposure is from a community, social, or work setting

Then you should:

- Conduct symptom monitoring for 10 days
- Test if symptoms develop
- Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others. At minimum, wear a mask in settings with high risk of exposing vulnerable individuals

Anyone who develops symptoms should 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.

Wear the best mask available to you

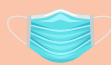
Cloth



GOOD



Surgical



BETTER



N95/KN95



BEST



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

IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You get a positive test result or start having COVID symptoms. Start isolation.</p> <p>Day 0</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	<p>If you have no symptoms or if symptoms are resolving, this could be last day of isolation</p> <p>Day 5</p>	<p>If you have no symptoms or if symptoms are resolving, could be done with isolation*</p> <p>Day 6</p>
<p>Day 7</p>	<p>Day 8</p>	<p>Day 9</p>	<p>Day 10</p>	<p>Day 11</p>	<p>*Continue to wear a well-fitting mask when around others until Day 11</p>	

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are a personal or household contact

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Wear a well-fitting mask around others.</p> <p>Day 0</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Test 3-7 days after exposure</p>			<p>Day 6</p>
<p>Day 7</p>	<p>Day 8</p>	<p>Day 9</p>	<p>Day 10</p>	<p>You may stop wearing a well-fitting mask around others.</p> <p>Day 11</p>		



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

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are exposed in a community, social or work setting

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Monitor for symptoms for 10 days and consider masking. 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 well-fitting mask around others. Day 11		

During the recovery phase, masks remain an important tool in mitigating the spread of COVID-19. Individuals who feel sick, may be at higher risk of infection and should consider masking when around others.

Residents should consider their individual and family members' risk factors and vaccination status when making the personal decision whether to mask. Those with chronic illness or who are immunocompromised are at higher risk for poor outcomes from COVID-19 and would benefit most from masking in indoor settings.