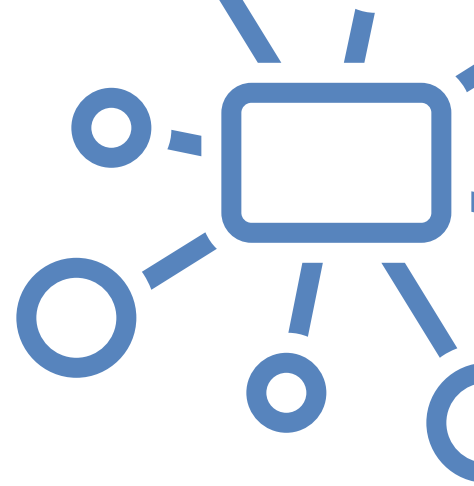


# IF YOU TEST POSITIVE FOR COVID-19



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. For more information, [CDC Isolation Information](#).

**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 have general COVID questions call 231-882-2197 or email [hotline@bldhd.org](mailto:hotline@bldhd.org)

## 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 feet, 15+ minutes total) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

**You cannot test your way out of quarantine**, however. Because the incubation period of this virus is long, close contacts need to stay home 14 days from your last contact, even if you receive a negative test result.

For more information: [CDC Quarantine Information](#)