



## Information for people who have been Exposed to COVID-19

If you have been exposed to someone with COVID-19 and are not fully vaccinated, it is recommended that you quarantine until the risk of you becoming infectious and spreading COVID to others has passed. During this time, someone may check in via phone or text to see if you develop symptoms. If you are fully vaccinated, you do not need to quarantine but should monitor yourself for symptoms, wear a mask, and avoid being close to others who are at risk of severe disease. If you do develop symptoms of COVID-19 infection, we will assist you in getting tested and help you receive medical care.

### **What are the symptoms of COVID-19 infection?**

Symptoms may be very mild or more severe, and you may have only a couple symptoms or many symptoms.

Fever	Muscle Aches	Headache
Cough	Sore Throat	Fatigue
Shortness of breath	Diarrhea	Nausea/Vomiting
Runny nose/congestion	Loss of taste/smell	

Once infected, it can take just a couple days to develop symptoms or up to 10 days or more. Some people never develop symptoms but may still be infected and can pass the virus on to others.

### **When should I get tested?**

- If you are quarantining due to exposure to COVID, you may be tested on day 6 or 7 after exposure and, if negative, can return to work/school on day 8. Please continue to wear a mask, monitor closely for any signs of illness, and avoid close contact with individuals at risk of severe disease for 14 days after your exposure.
- If you are quarantining due to exposure to COVID and you develop any signs of illness (including mild symptoms such as cold/allergy symptoms, fatigue, headache, etc), you should get tested as soon as possible. Stay home (other than to be tested or receive medical care) and avoid close contact with others, including household members if you can.

### **What do I need while quarantining?**

1. **Stay home!** Do not go to work, school, church, stores, or anywhere there are people other than your household members. It is Ok to go outside for walks or other solitary activities.
2. Monitor yourself closely for symptoms. Any signs of illness, including symptoms of a cold, stomach illness, respiratory illness, or generally feeling unwell may be the initial stages of COVID-19. If you develop symptoms, seek out testing through your health care provider, drug stores, or at check for health department sponsored clinics at [www.bldhd.org](http://www.bldhd.org).
3. The COVID Help Team may check-in with you to see how you are doing during quarantine. You may receive an initial text or a call from the Benzie-Leelanau District Health Department or MDHHS. Please answer your phone when you see this number. After the initial call, you can opt to receive text check-in rather than a phone call.
4. You can use curbside pick-up, delivery services, or friends/family to obtain food and other necessities while in quarantine. Be sure you do not come into close contact with the person bringing you your food! If you need assistance, please call us at 231-882-4409 or email [hotline@bldhd.org](mailto:hotline@bldhd.org).