



Information for people who have been Exposed to COVID-19

If you have been exposed to someone with COVID-19, it is recommended that you stay at home for at least 10 days from your last exposure. During this time, someone may check in via phone or text to see if you develop symptoms. 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.

You cannot test out of quarantine. Even if you have a negative COVID test during your quarantine period, you should still quarantine for at least 10 days because it may be too early for the test to detect infection.

What do I need to do?

1. **You should stay at home for at least 10 days from your exposure date!** Do not go to work, school, church, stores, or anywhere there are people other than your household members.
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.
3. If you develop any symptoms, call your health care provider about testing. You can find local testing locations at <http://www.michigan.gov/coronavirustest> or on our website at www.bldhd.org
4. 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.
5. 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 option 3 for a Community Connections Referral.

DO NOT go to a clinic or hospital without first calling ahead. If you call 911, inform them that you are being monitored for COVID-19.

For Questions/Assistance, contact the health department at 231-882-2197 or email hotline@bldhd.org.