



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

If you have been exposed to someone with COVID-19, you will be required to stay at home for 14 days from your last exposure. During this time, someone may check in via phone or text with you 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	Headache
Cough	Sore Throat
Shortness of breath	Diarrhea
Chills	Nausea/Vomiting
Muscle Aches	Runny nose/congestion
Fatigue	Loss of taste/smell

Once infected, it can take just a couple days to develop symptoms or close to 14 days. Some people never develop symptoms but may still be infected and can pass the virus on to others.

### **What do I need to do?**

1. **You must stay at home for 14 days!** Do not go to work, school, church, stores, or anywhere there are people other than your household members.
2. Take your temperature every morning and every evening.
  - If you forgot to take your temperature, take it as soon as you remember.
  - If you are taking medication that can lower your temperature (e.g. Tylenol (acetaminophen), aspirin, Motrin (Ibuprofen) or Aleve (naproxen), take your temperature before taking your next dose of these medications.
3. If you develop any symptoms, call the Benzie-Leelanau District Health Department at 231-882-6366 Monday-Friday, 8:00 am to 4:30 pm. During the weekend, call 231-256-0210.
4. Someone may check-in with you to see how you are doing during quarantine. You may receive this call from 1-866-80MDHHS. 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 231-882-2112 or 231-256-0210 (weekends).

**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.** Tell your doctor or hospital that you are being monitored by the Benzie-Leelanau District Health Department and they can reach us at any time by calling 231-256-0210.

**For Questions/Assistance, call the health department at 231-882-2112 (Mon-Fri, 8:00-4:30) or 231-256-0210 after hours. Or call the Michigan Hotline at 1-888-535-6136.**