



## Information for people are being tested for, or who have COVID-19

If you have been diagnosed with, tested for, or think you have COVID-19, you **MUST STAY AT HOME** so you don't expose others to the virus. Your health care provider or someone from the health department will tell you when you can go back to your regular activities.

### **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 up to 10-14 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 to protect my family and friends?**

1. **You must stay at home until your isolation period ends!** This date is typically 10 days after the day your symptoms start as long as your symptoms are significantly improved and you are fever-free for 24-hours (without fever-reducing medicine).
2. If you do not have symptoms, you will need to stay isolated for 10 days from your test date.
3. **During isolation, stay home from work, school, church, stores, or anywhere there are people other than your household members.**
4. Try to isolate yourself from other household members as much as possible
  - Sleep in a separate bedroom
  - Use a separate bathroom, if possible. If a separate bathroom is not available, clean all touched surfaces after use with regular household cleaners. (doorknobs, faucets, countertops, etc.)
  - Wipe all surfaces you touched that will be touched by others with regular household cleaners (e.g. kitchen appliances and countertops, bathroom fixtures, doorknobs, etc)
  - Avoid being in the same room at the same time as other household members.

Diluted household bleach solutions or alcohol solutions with at least 70% alcohol can be used for disinfection of surfaces. A bleach solution is 1/3 cup bleach per gallon of water or 4 teaspoons of bleach per quart of water.

5. Restrict contact with pets as much as possible. (We just don't know much about how this virus affects animals).
6. Do not share household items such as dishes, glasses, eating utensils, towels, etc. These items should be thoroughly washed after use. Or use disposable items and discard in a trash bag after use.

## **Care for the person who is ill with COVID-19**

1. Seek medical care if your symptoms become severe (e.g. you develop confusion or have difficulty breathing). **Before** going to the doctor, call and let them know you have or think you have COVID-19. If you have a medical emergency and need to call 911, tell dispatch that you have, or think you have, COVID-19.
  - If you have a facemask, put it on before coming in contact with healthcare personnel.
2. Take care of yourself as you would with any other similar illness: Drink lots of fluids, eat healthy foods, get plenty of rest. It is also important to get up and move around throughout the day.
3. Take fever reducing medications as needed unless you have a medical reason why you cannot take these medications. (e.g. Tylenol (acetaminophen), aspirin, Motrin (Ibuprofen) or Aleve (naproxen)).
4. If you feel well enough, you may go outside, for walks, or for car rides. However, you may not go anywhere that you may come in contact with people outside your household. (Avoid being in a car with household members)
5. How can caregivers protect themselves?
  - Stay in another room or be separated from the ill person as much as possible.
  - Both the ill person and the caregiver should wear a mask when in the same room.
  - Wear gloves when caring for the ill person, if available.
  - Wash hands frequently with soap and water, for at least 20 seconds. If unable to wash hands, use hand sanitizer.
  - Avoid touching your eyes, nose and mouth with unwashed hands.
  - Consider using disposable plates, silverware, cups for the patient and throw out all items after use. Put all disposable items in a separate bag before disposing of them with other household waste. Regular dishes may be washed as usual – wear gloves when handling or have the ill person wash the dishes.
  - Wash laundry thoroughly.
6. Household members/caregivers are considered exposed to COVID-19, and therefore must isolate at home for 10 days after the last exposure. If unable to complete separate from the ill person, household members are quarantined for 10 days after the ill person is released from isolation.
7. Family/friends can leave groceries and other necessary items on your doorstep to avoid exposure to COVID-19. You can also use delivery services or curbside pick up as long as there is no contact with the person providing these services.
  - If you need assistance (e.g. help getting groceries) while in home isolation, contact your health department at 231-882-4409, option 3 for a Community Connections referral.

## **When will you be released from Isolation:**

- If you are waiting for a COVID-19 test result: Typically, you can resume normal activity as soon as you are informed by your doctor or the health department that your test result is negative (unless you have been exposed and are still in a 10-day quarantine window). It may take several days, or even a week, to get your results.
- If you have COVID-19: Do not resume normal activities until instructed to do so by the health department. Typically, you will need to be at least 24 hours fever free (without fever reducing medications), and 10 days from onset of symptoms with significant improvement in your symptoms. If you do not have symptoms, you will need to stay isolated for 10 days from your test date.

Tell your doctor or hospital that you are being monitored by the Benzie-Leelanau District Health Department.

**FOR QUESTIONS/ASSISTANCE, CALL THE HEALTH DEPARTMENT AT 231-882-2197 or EMAIL [hotline@bldhd.org](mailto:hotline@bldhd.org)**

**For more information:**

[www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)