



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

(AKA isolation guidance)

1. Start isolating yourself right away.

- Stay home except to get medical care.
- Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.).
- Tell your employer you have COVID-19.

2. Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine guidance.

CDC guidelines for the general population, regardless of vaccination status:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

"Resolving symptoms" means your symptoms have gotten noticeably better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

3. On Day 5, do you have no symptoms or are your symptoms resolving?



- If yes, you can stop isolation on day 6. Continue to wear a well-fitting mask around others through day 10.
- If no, you should not stop isolation - continue isolating until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms. If you have a fever, continue to isolate until your fever goes away. If your symptoms are not resolving or are worsening, seek medical care.



See page 3 to see how to count days after testing positive



A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.

Additional recommendations from the Health Department of Northwest Michigan:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can.
- If you are often around vulnerable populations (e.g., immunocompromised or elderly people):
 - Consider continuing isolation for a full 10 days.
 - If you stop isolation after 5 days but before 10 days, take a rapid antigen test. If still positive, consider isolating for the full 10 days.

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.



WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

(AKA quarantine guidance/guidance for close contacts)

CDC guidelines for the general population:

Note: if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.



See pages 3-4 to see how to count days after being exposed

If you...

- are fully vaccinated and have gotten a booster, **OR**
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, **OR**
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, **OR**
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure.

Then you should...

- Wear a well-fitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

If you...

- are not vaccinated, **OR**
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, **OR**
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, **OR**
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

Then you should...

- Stay home (quarantine) for 5 days. Then continue to wear a well-fitting mask around others for 5 more days.
- If you can't quarantine, you must wear a mask around others for 10 days. Keep activities to essential tasks only.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance.

If **negative**, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.



A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.

Additional recommendations from the Health Department of Northwest Michigan:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- In high-risk, congregate settings (like long-term care facilities, jails, etc.) **or** if you are often around vulnerable populations (e.g., immunocompromised or elderly people)
 - Consider staying home/quarantining for a full 10 days after exposure

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.



How to count quarantine or isolation days after testing positive or being exposed to COVID-19

IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You get a positive test result or start having COVID symptoms. Start isolation.</p> <p>Day 0</p>	Day 1	Day 2	Day 3	Day 4	<p>If you have no symptoms or if symptoms are resolving, this could be last day of isolation</p> <p>Day 5</p>	<p>If you have no symptoms or if symptoms are resolving, done with isolation*</p> <p>Day 6</p>
Day 7	Day 8	Day 9	Day 10	Day 11	<p>*Continue to wear a well-fitting mask when around others until Day 11</p>	

HDNW recommendation: if you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation.
 If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are fully vaccinated and have gotten a booster, OR
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, OR
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, OR
- are fully vaccinated and under age 18, OR
- had a confirmatory positive COVID test in the last 90 days:

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Start wearing well-fitting mask around others.</p> <p>Day 0</p>	Day 1	Day 2	Day 3	Day 4	<p>Get tested on this day if possible.</p> <p>Day 5</p>	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	<p>Masking is no longer required but strongly recommended</p>	

HDNW recommendation: in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.
 If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are not vaccinated, OR
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, OR
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, OR
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Stay home (quarantine).</p> <p>Day 0</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	<p>Get tested on this day if possible.</p> <p>Day 5</p>	<p>You can end quarantine. Keep wearing a well-fitting mask around others.</p> <p>Day 6</p>
<p>Day 7</p>	<p>Day 8</p>	<p>Day 9</p>	<p>Day 10</p>	<p>You may stop wearing a well-fitting mask around others.</p> <p>Day 11</p>		

HDNW recommendation: in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g. immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

As of Jan. 2, Antrim, Charlevoix, Emmet and Otsego counties are still at a high level of COVID-19 transmission.
Everyone should wear a well-fitting mask in indoor public spaces.

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