

# IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

**Start isolating yourself right away.** Stay home except for medical care. Let your employer or school know you have COVID-19.

**Notify your close contacts** so they can start to quarantine themselves.

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

**The isolation ends and you can resume normal activities when**

- 10 days have passed since symptoms started (or test date if no symptoms),  
**AND**
- you are fever-free for 24 hours,  
**AND**
- your symptoms have improved.



If you have questions or concerns, contact your primary care provider or call the Grand Traverse County Health Department at (231) 995-6131.



Updated 10/14/2021. Information is subject to change at any time.

## CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

**Start quarantining right away if you are told you are a close contact.**

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

**Vaccinated persons with an exposure to someone with a suspected or confirmed case of COVID are not required to quarantine IF both of these conditions are met:**

1. They are fully vaccinated, meaning at least 14 days since receiving the final dose in the vaccine series (2 doses of Moderna, 2 does of Pfizer, or 1 dose Johnson & Johnson **AND**
2. They have not developed any symptoms since their exposure to someone with COVID-19.

People who have tested positive for COVID-19 in the last 90 days and have no symptoms, also do not need to quarantine.

# COVID-19 QUARANTINE VS. ISOLATION



## QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

### If you are fully vaccinated

- You do NOT need to quarantine unless they have symptoms
- Get tested 3-5 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative

### If you are not fully vaccinated

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine



## ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

### If you are sick and think or know you have COVID-19

#### Stay home until after

- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medications **and**
- Symptoms have improved

### If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 10 days have passed since your positive viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick



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