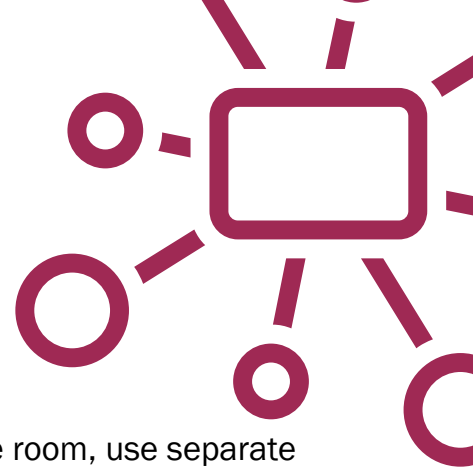# IF YOU TEST POSITIVE FOR COVID-19

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. Tell your close contacts so they can quarantine themselves.

- A close contact is anyone who had face-to-face contact with an infected person within 6 feet for at least 15 minutes or any physical contact such as hugging or sharing eating utensils or drinks.
- Please note there may be exceptions to this criteria in certain cases where the risk of transmission is higher (e.g. contact during high impact sports).

You can resume normal activities when:

- 10 days have passed since your symptoms started (or since your test date if no symptoms),
- you don't have a fever for 24 hours, AND
- your symptoms have improved

If you need an isolation or quarantine letter for your employer, email L-wchdcontact@washtenaw.org or call 734-544-6700 and leave a message.

QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS

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

Close contacts of a positive case (less than 6 feet apart for 15+ minutes total) should quarantine.

During quarantine:

1. Stay home for 14 days after your last contact with a person who has COVID-19.
2. Monitor yourself for symptoms.
3. Get tested if you develop symptoms.

You can't test out of quarantine. It can take up to **14 days** after exposure for an illness to develop.

*NOTE: Vaccinated people with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine, if they meet ALL of the following criteria:

1. They are fully vaccinated, meaning it has been at least 14 days since receiving the final dose in the vaccine series (2 doses of Moderna; 2 doses of Pfizer; or 1 dose of Janssen/Johnson & Johnson) and
2. They have not developed any symptoms since their exposure to someone with COVID-19.

Washtenaw County Health Department

Last updated 4/5/2021. Information is subject to change at any time.
Adapted from materials developed by the Barry-Eaton District Health Department.