

# You were tested for COVID-19

## Now What?

### Isolation, Quarantine, and Safer at Home. What do they mean?



**Isolation:** When a person who is sick (someone who has symptoms or tests positive but has no symptoms) is told to stay home.



**Quarantine:** When a person who is not sick is told to stay home because they have been around someone who is sick. Quarantine lasts for 14 days. If a person develops symptoms of COVID-19 during quarantine, they will be told to isolate.



**Safer at Home:** When everyone is asked to stay home and only leave for activities like going to work, getting prescriptions or shopping for food.

### What MOST people need to know after they get tested for COVID-19\*

When waiting for your COVID-19 test results, follow the DOs and DON'Ts of isolation or quarantine:

#### DON'T:



**Don't leave home.** Only to get medical care.



**Don't share personal items.** Things like dishes, towels, and bedding should not be shared, even with family.



**Don't use public transportation,** if you have another choice.

#### DO:



**Limit interaction with those around you.** Stay in a separate room, like a bedroom, away from others in your home. Use a different bathroom if you can.



**Wear a mask or cloth face covering.** Make sure it covers your nose and mouth. Remember to stay 6 feet away from people and pets. People who are near you should also wear a mask or cloth face covering that covers their nose and mouth.



**Use meal or grocery delivery services when possible.** You can also ask family and friends for help.



**Rest and drink water** to stay hydrated.



**Clean and disinfect** things you touch (like light switches, doorknobs, tables and remotes).



**Wash your hands.** Wash your hands often with soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol.



**Cover cough and sneezes.** Cough or sneeze into your elbow or tissue, then wash your hands.



**Consider those living with you.** If you live with older adults or people with health conditions, think about whether there are other places you can stay while you get well.

**If your COVID-19 test result is positive, follow the DOs and DON'Ts on the front of this handout to protect you and others PLUS:**



**Answer the call.** Your health department will call to find out if other people around you might get sick. They can help answer your questions.



**Watch for severe symptoms or other health emergencies.** If you need to call 911, let them know that you have COVID-19.



**Stay in contact with the health department.** They can help figure out when to end isolation. Continue in isolation until you can check all 3 boxes:

- It has been 10 days since your positive test result or 10 days since you began showing symptoms **AND**
- You have been fever free for 72 hours (3 days) without taking fever-reducing medication **AND**
- All symptoms have improved (your cough or shortness of breath improved).

**If your COVID-19 test result is negative, you may still have COVID-19 and be in the early part of the illness or get COVID-19 in the future. If you develop symptoms:**



**Stay home and away from others.** Until 72 hours (3 days) after symptoms are gone.



**Call your doctor.** Ask if you should be tested again, or for another illness, if you continue to have symptoms of COVID-19.

## Contact Tracing: What to Expect

If you get a call from your local health department or MI COVID HELP, answering your phone is important to protect your friends, family, neighbors and coworkers.

- Your name will not be shared with anyone
- You will never be asked for personal identification like a Social Security Number, Driver's License, immigration status or credit card information.
- The contact tracer will ask how you are feeling and about people you were in contact with recently. They can also share tips to get well and protect others.

## Help is here for you!

**MI Bridges:** Go to [Michigan.gov/MIbridges](https://Michigan.gov/MIbridges) today to apply for benefits, such as food assistance and health care coverage, and learn about resources in your community.

**Michigan Stay Well Counseling and Crisis Text Line:** Call 1-888-535-6136 and press "8" to talk with a Michigan Stay Well counselor. Counseling is free, confidential and available 24/7.

**Michigan 2-1-1:** Visit [mi211.org](https://mi211.org) or dial 2-1-1 to connect with resources in your local community, like housing and financial assistance.

**Antibody testing (blood testing) is different than diagnostic testing for COVID-19.** It cannot be used to diagnose individuals. No matter the results of your antibody test, you should still take all steps to stay healthy and keep others safe.

For more information, visit [www.accesskent.com](https://www.accesskent.com).

\*This guidance does not apply to health care workers or first responders.

