

COVID-19 guidance

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. We ask everyone to follow these steps to help stop the spread.

1 Start isolating yourself right away.

- Stay home except for medical care. Let your employer know you have COVID-19.

2 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 you were contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

3 Go to www.saginawpublichealth.org and fill out the individual self-reporting form.

This is required if you need a letter for your employer.

4 You can resume normal activities when

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

CLOSE CONTACTS: Quarantine Instructions

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

- Stay home except to get medical care. You need to quarantine for 14 days from your last contact to COVID+ person while they were contagious. Monitor yourself for symptoms and consider testing.
- You cannot test your way out of quarantine, however. Because the incubation period of this virus is 2-14 days you need to stay home 14 days from your last contact, even if you receive a negative test result.