IF YOU TEST POSITIVE FOR COVID-19

There's an increase in COVID-19 cases in our area. If you've been exposed, you might not hear from the health department right away. Follow these steps to help stop the spread!

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.

Washtenaw County Health Department

QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS

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 their last contact with an infected person and monitor for symptoms.
- Get tested if you develop symptoms.

You cannot test your way out of quarantine. It can take up to 14 days after exposure for an infection to develop, so you could end up testing positive later on. It's important to stay in quarantine for the full 14 days to prevent spreading COVID-19!