YOU WERE TESTED FOR COVID-19

NOW WHAT?*

WHILE YOU WAIT for your COVID-19 results, protect your family, friends and community:

**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 or ask family and friends for help.
- Clean and disinfect things you touch, like light switches, doorknobs, tables and remotes.
- Wash your hands often. Use 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 a tissue, then wash your hands.
- Consider people living with you. If you live with someone with health conditions, think about whether there are other places you can stay while you get well.

**DON’T:**

- Don’t leave home, unless you need 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.

Help is here for you!

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

**MI Bridges:** Go to 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:** Call 1-888-535-6136 and press “8” to talk with a Michigan Stay Well counselor or visit Michigan.gov/StayWell for more information. Counseling is free, confidential, and available 24/7.
If your COVID-19 test result is POSITIVE, continue to follow the same steps to protect others PLUS:

- **Answer your health department’s call.** They will reach out to begin contact tracing. They can also 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.
- **After 10 days** you may end isolation if you meet these criteria:
  - Have not had a fever for at least 24 hours, without the use of fever reducing medication.
  - Other symptoms, like cough or shortness of breath, have improved.

If you test NEGATIVE, BUT still have symptoms of an illness:

- **Stay home and away from others.** Until at least 24 hours 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.

If you test NEGATIVE and don’t have symptoms, BUT you were asked to quarantine by the local health department:

- **Continue to follow the instructions of the health department.**

**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 protect others.

For more information, visit [Michigan.gov/ContainCOVID](https://Michigan.gov/ContainCOVID).

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