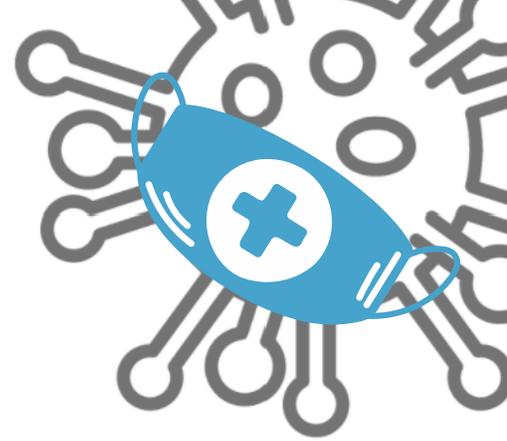


IF YOU TEST POSITIVE FOR COVID-19



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.

Start isolating yourself right away. Stay home except for medical care. Let your employer, school or daycare know you have COVID-19.

Notify your close contacts so they can start to quarantine themselves.

- Close contacts = those who were within 6 feet of you for more than 15 minutes total in a 24-hour period while you were contagious
- Contagious = starts 2 days before symptoms appear - or 2 days before positive test sample was taken, if no symptoms - through the end of the isolation period.

You can resume normal activities when:

- 10 days have passed since symptoms have started (or test date if no symptoms);
- You are fever-free for 24-hours; and
- Your symptoms have improved

Isolate at home by staying in a separate bedroom and using a different bathroom from others if you can, wearing a mask around others in your home, and cleaning/disinfecting surfaces often.

Reminder: close contacts quarantine for 14 days after last exposure, so repeated exposure to your household contacts will extend their quarantine.

CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

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 since your last exposure to the COVID+ person while they were considered contagious.
- Monitor for symptoms. If you develop symptoms, get tested.

If I get a negative test do I need to quarantine?

Yes. A negative COVID-19 test result after exposure is not a "ticket" to end quarantine early. Because the incubation period of this virus is long, close contacts need to stay home for 14 days from your last contact with a positive COVID-19 case, even if you receive a negative test result.



Van Buren/Cass District
Health Department

Created 11/12/2020. Information subject to change at any time.