

NAVIGATION

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GENERAL INFORMATION

Additional information is available at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

What is COVID-19?

COVID-19 is an illness caused by a new respiratory virus (SARS-CoV-2). In December 2019, the virus began circulating in humans.

What are the symptoms of COVID-19?

Symptoms may appear two to 14 days after exposure to the virus. Common symptoms are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If you develop **emergency warning signs** for COVID-19, get **medical attention immediately**.

Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

COVID-19 PUBLIC HEALTH FREQUENTLY ASKED QUESTIONS

Updated September 24, 2021

This list is not all inclusive. Please consult your doctor for any other symptoms that are severe or concerning.

If I have had COVID-19, can I get it again?

Although persons with SARS-CoV-2 antibodies (those who have had COVID-19) are largely protected, [reinfection](#) is possible for some persons due to lack of immunity, which could happen for a number of reasons. Some re-infected individuals could have a similar capacity to transmit virus as those infected for the first time.

Are some people at greater risk for becoming seriously ill from COVID-19?

COVID-19 is a new disease and there is limited information regarding risk factors for severe disease.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People aged 65 years and older](#)
- Pregnant and recently pregnant people
- People of all ages with underlying [medical conditions](#), particularly if not well controlled, including:
 - Cancer
 - Chronic kidney disease
 - Chronic lung diseases, including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension
 - Dementia or other neurological conditions
 - Diabetes (type 1 or type 2)
 - Down syndrome
 - Heart conditions (such as heart failure, coronary artery disease, cardiomyopathies or hypertension)
 - HIV infection
 - Immunocompromised state (weakened immune system)
 - Liver disease
 - Overweight and obesity
 - Pregnancy
 - Sickle cell disease or thalassemia
 - Smoking, current or former
 - Solid organ or blood stem cell transplant
 - Stroke or cerebrovascular disease, which affects blood flow to the brain
 - Substance use disorders

It is important to remember that stigma and discrimination occur when people associate an infectious disease, such as COVID-19, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities or racial backgrounds.

The pandemic is making me very anxious, stressed or depressed. Is there anyone I can call about mental health?

A lot of people are feeling anxious, stressed or depressed because of the pandemic – even people who have never worried about their mental health in the past. This is normal and there are resources to help you.

- You can call 2-1-1 to find resources in your local community.
- Everyone in Michigan is invited to use Headspace – free of charge. This is a mindfulness tool that may help you process what is happening around you. [Headspace.com/MI](https://www.headspace.com/MI)
- For people with existing mental health conditions who need extra support right now, you can call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753, 10 a.m. to 2 a.m. daily.

Help is also available 24/7 for everyone through:

- Michigan Stay Well Counseling Line: Call 1-888-535-6136 and press '8'
- National Disaster Distress Helpline: Call 1-800-985-5990 or text "TalkWithUs" to 66746
- National Suicide Prevention Lifeline: Call 1-800-273-8255 or text "TALK to 741741"

HOW THE VIRUS SPREADS

Additional information is available at Michigan.gov/Coronavirus

How does COVID-19 spread?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

Can the aerosolization of cleaning and disinfection products spread COVID-19?

There are no studies that indicate whether utilization of aerosol products will spread the virus.

Can I get COVID-19 from a mosquito or tick bite?

At this time there is no data to suggest that COVID-19, or similar coronaviruses, can be spread through a mosquito or tick bite.

Can the virus that causes COVID-19 spread through drinking water?

The virus that causes COVID-19 has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

Can someone spread the virus without being sick?

It's possible for people to spread the virus for about two days before experiencing signs or symptoms and remain contagious for at least 10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 10 days after testing positive for COVID-19.

Does the coronavirus live on surfaces?

During the initial stages of the pandemic there was concern about surface transmission. However, latest research suggests that this is unlikely to be a major route of transmission as although SARS-CoV-2 can persist for days on inanimate surfaces, attempts to culture the virus from these surfaces were unsuccessful.

Can my pet get COVID-19? Can they give it to me?

A small number of pets worldwide, including cats and dogs, have been reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

- Based on the information available to date, the risk of animals spreading COVID-19 to people is considered to be low.
- The virus that causes COVID-19 can spread from people to animals including pets in some situations, mostly during close contact.
- If you are sick with COVID-19 (either suspected or confirmed by a test), restrict contact with your pets and other animals, just like you would around other people.

HOW TO PROTECT AGAINST ILLNESS

Additional information is available at [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID)

How can I protect myself from getting COVID-19?

The best protection against COVID-19 is vaccination.

There are steps you can take to prevent spread of flu and the common cold that will also help prevent COVID-19, including:

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- Get vaccinated if you are able to.
- Wear a mask around others you don't live with if you are not fully vaccinated, or while indoors in public in an area of substantial or high transmission regardless of vaccination status.
- Wash your hands with soap and water.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your health care provider.
- Keep at least 6 feet away from one another to the maximum extent possible.
- Frequently clean and disinfect high-touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If you are traveling, follow the CDC's guidance at [CDC.gov/Travel](https://www.cdc.gov/Travel).

Should I wear a mask to protect myself?

Even when not required, there are many situations in which the Michigan Department of Health and Human Services (MDHHS) recommends individuals wear a mask. See [When to Wear a Mask](#) for detailed information on when it is best to wear a mask.

If you are sick with respiratory illness, you should wear a mask over your nose and mouth if you must be around other people or animals, including pets (even at home). You don't need to wear the face covering if you are alone. If you can't put on a face covering (because of trouble breathing for example), cover coughs and sneezes in some other way. MDHHS has provided [guidance for the use of face coverings for the general public](#).

Can I wear a clear face mask?

Wearing a mask may make it difficult for some people to understand what others are saying because words are muffled and visual cues are blocked. This is worse with short or one-word statements because there isn't context to help others figure out what we are trying to say.

Clear masks or cloth masks with a plastic panel may be used to aid in communication when interacting with the following groups:

- People who are deaf or hard of hearing.
- Young children or students learning to read.
- Students learning a new language.
- People with disabilities.
- People who need to see the proper shape of the mouth for making appropriate vowel sounds (for example, when singing).

Can I wear a face shield instead of a mask?

Face shields, including plastic shields and hybrid products that have fabric around the edges of the shield, are not a replacement for cloth face coverings. For people who are medically unable to tolerate a face covering, a face shield may be worn alone instead.

School speech therapists may find wearing a face covering interferes with their ability to perform their job. Face shields are an appropriate alternative for the speech therapist and the student during therapy sessions.

Can I wear a face covering with an exhalation valve or vent?

It is not recommended to wear masks with exhalation valves or vents because respiratory droplets may be expelled through the outlet. This type face covering does not prevent the wearer from transmitting the virus to others.

Can I sew a facemask to use for myself?

Yes. There are lots of cost-effective ways to make a covering for your face to wear in public. The [U.S. Surgeon General created a video](#) to show cost-free ways to cover your face. [The CDC has also shared ways to create or sew](#) a face covering for yourself.

How should I clean my home to prevent the spread of COVID-19?

[Clean and disinfect](#) frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, clean them. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Please remember to:

- Use EPA registered cleaners that you would normally use in these areas. Most EPA registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).
- Read and follow product labels for safe use. More is not always better!
- Keep all cleaning products locked away from children.
- Never mix bleach (chlorine) products with other chemicals. This can create toxic fumes.
- **In the event of a poison emergency**, contact the Michigan Poison Center at 800-2221222. If someone is unconscious or has trouble breathing, call 911 immediately.

THERAPIES TO TREAT COVID-19

Additional information is available at Michigan.gov/COVIDTherapy

There are treatment options for people who are at high-risk of severe illness from COVID-19. Learn more about the treatment options on the [State of Michigan's COVID-19 Therapeutics page](#).

Monoclonal antibodies are laboratory-produced molecules engineered to serve as substitute antibodies that can restore, enhance or mimic the immune system's attack on cells. Monoclonal antibodies are designed to block viral attachment and entry into human cells, thus neutralizing the virus. When administered to non-hospitalized patients as soon as possible after positive viral testing for SARS-CoV-2

and within 10 days of symptom onset, monoclonal antibodies may reduce viral load, symptoms, and risk of hospitalizations and emergency room visits associated with COVID-19.

Monoclonal antibody therapy may also be used as post-exposure prophylaxis in high-risk individuals. Post-exposure prophylaxis is treating a person who has been exposed to an illness to prevent them from becoming seriously ill.

Talk to your doctor about whether you should get antibody treatment and where to get it. Providers or patients needing assistance locating an infusion site or connecting with a clinical trial, call the Monoclonal Antibody Therapy Call Center: English: 877-332-6585 | Spanish: 877-366-0310

VARIANTS OF CONCERN

Additional information is available on the [CDCs New Variants Web Page](#)

What are variants of concern?

Viruses change through mutation, and new variants of a virus are expected to occur over time. The virus that causes COVID-19 (called SARS-CoV-2) is known to acquire, on average, one new mutation every two weeks.

How can I protect myself against new variants?

Actions that prevent the spread of COVID-19 will also prevent the spread of new variants.

- **Get vaccinated for COVID-19.**
- Wear a mask around others if you are not fully vaccinated, or while indoors in public in an area of substantial or high transmission regardless of vaccination status. Wear a face shield in addition to a mask for additional protection if concerned.
- Stay 6 feet apart from others.
- Wash hands often.
- Ventilate indoor spaces.
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Can I get tested for variants of the virus that causes COVID-19?

Currently, all COVID-19 diagnostic tests can detect all variants, but they will not tell you which variant you have.

If you test positive for COVID-19, your sample may be sent to a lab for sequencing to determine which variant is present.

How are new variants identified?

The MDHHS Bureau of Laboratories (BOL) conducts surveillance to quickly identify any variants of interest, including B.1.1.7, B 1.351, and P.1. The MDHHS BOL looks for the variant among people who test positive for COVID-19. CDC is contracting with large commercial diagnostic labs to sequence samples across the United States.

VACCINES

Additional information is available at Michigan.gov/COVIDVaccine

All Michiganders age 12 years and over are eligible to be vaccinated.

How can I get vaccinated to protect myself from COVID-19?

All Michiganders aged 12 years and older are eligible to be vaccinated. Please visit Michigan.gov/COVIDvaccine for the latest information about vaccination including:

- [How to make an appointment](#) for vaccination
- [Frequently Asked Questions](#)

After being vaccinated for COVID-19, how long before I will be immune to the disease?

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection.

In clinical trials, the vaccines currently available on the market demonstrate high efficacy against COVID-19, particularly with preventing hospitalizations, severe illness, and deaths.

People are considered fully vaccinated:

- 14 days after the second dose if given a two-dose vaccine (Pfizer, Moderna).
- 14 days after the one dose if given a one dose vaccine (Johnson & Johnson).
- Some activities are safer than others – even after being fully vaccinated. Individuals, especially those who are immunocompromised, [should weigh the risks before participating in activities](#).

Are individuals who were vaccinated as part of a clinical trial considered fully vaccinated?

Individuals who received a full series of an active COVID-19 vaccine are considered fully vaccinated two weeks after completing the series **if** the vaccine is listed for emergency use by the World Health Organization **or** if vaccine efficacy has been independently confirmed (e.g., by a data and safety monitoring board).

- Currently the AstraZeneca COVID-19 vaccine and the Novavax COVID-19 vaccine meet the criteria.
- Individuals who received a placebo, or are not two weeks out from completing the series are not fully vaccinated.

What should be done if a patient scheduled for vaccination is exposed to COVID-19 and quarantined or is isolated for suspected or confirmed SARS-CoV-2 infection?

In general, the people scheduled for COVID-19 vaccination who are exposed to SARS-CoV-2 virus and quarantined should reschedule vaccination after their quarantine period has ended in order to avoid the risk of exposing vaccinators to the virus.

People diagnosed with SARS-CoV-2 infection before a scheduled vaccination should defer vaccination until after recovery and the end of the isolation period to avoid the risk of exposing vaccinators to the virus.

[Ask the Experts about COVID-19 - IAC experts answer Q&As \(immunize.org\)](https://immunize.org)

TESTING FOR THE VIRUS

What do I do if I think I need to be tested for COVID-19?

Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 (press option 2) for help finding a site near you.

When will I get my test results?

Test result time varies based on which test you took and which lab performed the test. When you get tested, ask the health care provider or test site team how long it may take and how you will get your results. **Your health care provider or test site medical team will provide you with your results.** Due to privacy laws, laboratories, including the state lab (MDHHS Bureau of Laboratories), will not be able to provide you with results over the phone, even if the test is conducted there. **If your symptoms get worse while you are waiting for results, contact your health care provider.**

How will I get my test results?

Your health care provider or the test site medical team will provide your results to you. Make sure to ask how you will receive your results when you get tested.

I heard I don't need a prescription to be tested?

In Michigan, we want anyone who needs a test to get one. Testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms.

What do I do if I am sick and do not have a health care provider?

You can seek treatment at an urgent care facility. To get tested, you can find a testing site with the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

I have symptoms of COVID-19, but my primary care doctor will not test me for COVID-19. What do I do?

Expanded testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Some testing locations offer screening and testing without a doctor's order first.

If your health care provider decides it is not necessary to test for COVID-19, and you do not agree, you can look for a testing site that does not require an appointment or a prescription or an order.

How is a sample collected to test for COVID-19?

There are several tests and collection methods approved by the FDA. Most tests use a nasal or throat swab to collect the sample. In some situations, samples can be self-collected to reduce exposure to the health care workers supervising the collection. In other situations, a health care worker may take the sample for you in your vehicle or in an office. With either method, workers wear personal protective equipment PPE to protect themselves from exposure.

I had a rapid test and was instructed to be tested again even though the result was negative.

What does this mean?

All COVID-19 tests, rapid or other, may require follow up testing. For example, if your virus level was low (this can be the case very early into your illness) the test may not be able to detect the virus. Follow the instructions of your doctor or test administrator to stay healthy – even if that means taking second test.

Do the COVID-19 tests ever produce false negatives?

Yes, sometimes. It is possible to receive a false negative test result – or to be too early in your illness for the test to be able to detect a positive. If you receive a negative test result and continue to have symptoms or are otherwise concerned about your health, call your doctor to consider being retested or to be tested for another illness.

What is antibody testing and how can I be tested?

Antibody testing is different than diagnostic testing for COVID-19.

Antibodies can be found in the blood and in other tissues days or weeks **after** being infected with a virus. This can be useful to understand how illness affects the population as a whole, but it cannot be used to diagnose individuals.

What we know:

- The FDA has approved several antibody tests. There are also several tests on the market that have not been approved.
- There are places in Michigan offering antibody testing, but there is no information about which test is being used, or if they may be using an unapproved test.
- An antibody test cannot help your doctor decide how to treat you or if it safe to return to work.

What we don't know:

- How good the current antibody tests are at detecting COVID-19 in individuals.
- If detection of antibodies means you have had COVID-19, or if it will detect other coronaviruses (like the common cold) that you may have had in the past.
- If detection of antibodies means you can still spread COVID-19.
- If detection of antibodies means you are immune to COVID-19.

If you have symptoms of COVID-19, like cough, fever and shortness of breath, you should contact your doctor and seek testing for COVID-19. Diagnostic testing for COVID-19 can ensure you get the right medical treatment, unlike antibody testing.

You can find antibody testing sites at [Michigan.gov/CoronavirusTest](https://www.michigan.gov/CoronavirusTest). If you choose to do so, please understand the limitations of antibody testing and continue to protect yourself regardless of the result.

Can I purchase an antigen test for my own use?

Yes, there are several different types of antigen tests you can purchase over the counter. At-home antigen tests are available for the public to purchase to test for COVID-19. Currently, the U.S. Food and Drug Administration (FDA) has authorized five at-home COVID-19 testing kits under emergency use authorization. The kits are designed to use a self-administered nasal swab. For question regarding test results and what they mean, contact your health care provider. For a detailed list of FDA antigen tests that are approved for home use, see the [FDA website for more information](#).

More information: [Public Guidance for At-Home COVID Testing](#)

ISOLATION AND QUARANTINE

Additional information is available at [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID)

If I am exposed to the virus, how long do I have to quarantine?

MDHHS and the CDC continue to endorse quarantine for 14 days but recognize that quarantine periods shorter than 14 days balance burden against a small possibility of spreading the virus. At their discretion based on local conditions and capacity, the local health department may opt for a **10-day alternative** to the 14-day quarantine. When using a 10-day alternative quarantine period, contacts should continue to mask appropriately and monitor for symptoms for the full 14 days. Asymptomatic individuals may be released from quarantine at ten days and return to limited activities, provided the following are maintained for a cautionary period of days 11-14 of the 14-day quarantine period.

Quarantine instructions for people who are fully vaccinated:

Fully vaccinated persons who meet criteria are not required to quarantine following an exposure to someone with COVID-19. Individuals should keep their [COVID-19 Vaccination Record Card](#) to confirm their exemption from quarantine. Individuals should get tested 3-5 days after the exposure, wear a mask in public, and monitor for symptoms for 14 days.

The immune period begins two weeks after vaccination:

- If given a two-dose vaccine series (Pfizer, Moderna) immunity builds two weeks after the **second** dose.
- If given a one-dose vaccine (Johnson & Johnson) immunity builds two weeks after that dose.

Based on the schedules above, the individual may be exempt from quarantine, provided the individual does not have any COVID-19 symptoms.

This exemption does not apply to vaccinated inpatients and residents in health care settings. Inpatients and residents should continue to [quarantine](#) following an exposure to someone with suspected or confirmed COVID-19. For considerations for health care workers, please review [Return to Work & Health Monitoring for Health care Employees](#).

Should I get tested if I have to quarantine after being exposed to COVID-19?

If you are quarantining because you were exposed to the virus, but don't have any symptoms, it is recommended you wait until at least three to five days have passed since your last exposure before getting tested. However, a negative test result cannot be used to end quarantine early.

How are people monitored after they are exposed to the virus?

Public health professionals contact individuals with COVID-19 to ask questions about what people they have recently been in contact with to learn who else might have been exposed to the virus. People who are identified as close contacts of a person with diagnosed COVID-19 will be contacted to determine the status of their health (do they have symptoms of respiratory illness?) and advised to self-quarantine or self-isolate based on their situation and monitor themselves for symptoms.

- Isolation is for people who have symptoms of respiratory illness or test positive for COVID-19 infection.
- Quarantine is for people who may have been exposed (close contacts) but do not have any symptoms.
- The local health department has legal authority to mandate quarantine or isolation for people. They will make this decision based on possible contacts and symptoms, in order to stop the virus from spreading.

Because COVID-19 is spreading significantly across the state, public health is unable to contact everyone who may have been exposed to the virus. Individuals should limit their exposure by wearing a mask and staying at least six feet away from others. If an individual becomes sick they should do their best to contact everyone they may have exposed, including notifying their employer or school.

What will happen if the local health department contacts me about COVID-19?

Local health departments and/or MDHHS will contact Michiganders who have tested positive and their contacts to check on health status, provide information about COVID-19, help identify needed services, and track the spread of this infection in your community. They need to speak with the person directly impacted by COVID-19. If that person is not available, they may ask to speak to a spouse, parent or other trusted person. The calls may come from area codes you do not usually receive calls from, but please answer/return calls even though you may not like to answer the phone if you don't recognize a number.

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Please also be on alert for scammers spoofing numbers from the local health departments (it appears as if the caller is calling from a recognizable number to encourage you to pick up the phone). MDHHS wants you to be aware that legitimate calls from the local health departments will not:

- Ask for personal financial information such as a social security number or driver's license number. Offer medication for prevention of COVID-19 (but they may call to schedule an appointment for you to be vaccinated)
- Ask for Medicaid or other insurance information for billing purposes.

How do I monitor myself for symptoms?

Screen yourself for symptoms of respiratory illness such as cough, fever, and shortness of breath. If you develop symptoms and are concerned about your health, immediately isolate from others and contact your health care provider or get tested.

The [MI Symptoms App](#) can help you track your symptoms and keep an eye on your health – while you have symptoms or are healthy.

I have COVID-19 and have been isolating. When is it safe for me to leave home?

Stay in isolation until you meet all the criteria below:

- It has been at least 10 days since your positive test date or ten days since you began showing symptoms.*
- You have been fever-free for 24 hours without taking fever-reducing medication.
- Other symptoms have improved (including cough or shortness of breath).

*[People with conditions that weaken their immune system](#) or those who were severely ill, might need to stay home longer than 10 days. Talk to your health care provider for more information.

What is considered a close contact?

Here are some examples of close contact:

- Caring for, living with, or visiting someone who has COVID-19.
- Being near someone (within 6 feet) who has COVID-19 in a confined space.

Close contact is defined as:

- a. Being **within** approximately 6 feet (2 meters) of a COVID-19 case for **15 minutes** within a 24-hour period, including brief encounters that add up to 15 minutes or more.
- b. Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).
- c. Having direct physical contact with the person (hugged or kissed them).
- d. You shared eating or drinking utensils.

Why is the length of quarantine not standard across the state?

Local health departments (LHD) have the authority to set quarantine length to reduce spread of the virus for their jurisdiction. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, options to shorten quarantine are available as acceptable alternatives.

Some LHDs have determined 10 days is sufficient to reduce spread based on the conditions of the communities they serve. Refer to your [local health department](#) website, or contact them, for information about quarantine specific to where you live.

Information for more specific experiences for people who are not vaccinated can be found below based on the person you may have interacted with and if you were in close contact with that person.

I've been around someone who has been diagnosed with COVID-19. Do I need to quarantine?

If you are fully vaccinated:

- In general, you do not have to quarantine following an exposure to COVID-19 after you are fully vaccinated.
- It is recommended to get tested once on day three to five following the exposure. Individuals should wear a mask in public and monitor for symptoms for 14 days.
- If you begin to experience symptoms, isolate and get tested right away.

If you are not fully vaccinated:

- If you were in contact with a COVID positive person for a total of 15 minutes or more in the last 24 hours, you should quarantine.
- Quarantine typically lasts 10 or 14 days, depending on where you live and the current rate of community transmission. Contact the local health department for questions about your quarantine.
- Refer to [MI Safer Schools Guidance for Managing Students Exposed to COVID-19](#) for information specific to the quarantine of students.
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Someone in my household was exposed (as a close contact) to someone who tested positive for COVID-19. What should I do?

That exposed person in the household should self-quarantine while monitoring for symptoms. Follow appropriate precautions for cleaning, hand hygiene, respiratory etiquette. If you receive any instructions from that person's employer or the local health department, follow them carefully.

Others in the home are not required to quarantine. If anyone in the home experiences symptoms, isolate and get tested immediately.

I recently returned to work or school after recovering from COVID-19. If I am identified as a close contact of someone who currently has COVID-19, do I have to quarantine?

There are situations in which a close contact who has recently recovered from COVID-19 will not be required to quarantine.

- If you **do not** currently have symptoms of COVID-19, **and ...**

- **You were diagnosed with COVID-19** by either (1) a positive RT-PCR or antigen test for SARS-CoV-2 RNA within the last 90 days, or (2) a health care provider based on symptoms, and 90 days or less have passed since symptoms began, **OR, you are fully vaccinated against COVID-19, then** quarantine is not required.
- If you **have symptoms** of COVID-19, then ...
 - You must begin self-isolation immediately for at least 10 days after symptom onset and consult with a medical provider to determine if you may have been re-infected with SARS-CoV-2 or if symptoms are caused by another illness.

EMPLOYMENT

Additional information about the workplace(?) is available at Michigan.gov/MISafeStart

Can my employer require me to bring a doctor's note (or negative test result) to return to work after I have been sick?

In Michigan, employers are not required to demand a doctor's note for employees to return to work following illness. If your employer requests a doctor's note, we encourage you to first work towards a resolution with your employer. If you are unable to resolve the issue, contact Michigan's Wage and Hour Division of Employment Relations at 517-284-7800. [Learn more about worker protections during COVID-19.](#)

Does the State of Michigan require health care providers to have patients tested for COVID-19 prior to performing a surgery/procedure?

No. There is no State requirement for patient testing prior to a procedure, but people undergoing surgery are eligible for testing before a surgery or procedure. Hospitals and healthcare facilities may have their own rules for testing prior to medical procedures.

Health care providers use professional judgement to determine whether or not testing is reasonable prior to a procedure. If you have a procedure scheduled, you should contact your doctor if you have questions about your procedure, including any potential testing.

I have an employee who was diagnosed with COVID-19? What should I do next?

You should let your employees know that they may have been exposed to COVID-19. Do not identify the person with COVID-19. Make sure your employees are advised of the [signs and symptoms of COVID-19](#) and to stay home and get tested if they show symptoms of COVID-19.

- Employers should know the relevant laws and guidance for reopening their business. Full guidance is available at Michigan.gov/MISafeStart.
- Employees (non-health care) who have symptoms of COVID-19 or have been diagnosed with COVID-19 should not return to work until [release from isolation criteria is met](#).

Do I need to close my business if someone that works here is diagnosed with COVID19?

Not necessarily. You should immediately close the area where the employee worked and perform a thorough cleaning (wait 24 hours before cleaning or as long as possible):

- Clean all frequently touched surfaces including workstations, countertops, doorknobs, and elevator buttons.
- Use cleaning agents that are usually used per your industry standards and follow the directions on the label.
- [Detailed cleaning guidance](#) is available from the CDC. Remember to follow guidelines for communicating with employees and when the employee can return to work. Contact your local health department with any additional questions.
- Employers should know the relevant laws and guidance for reopening their business. Full guidance is available at Michigan.gov/MISafeStart.

Can I be fired for not coming to work if I have COVID-19?

No. You cannot be fired for not coming to work if:

- You have COVID-19.
- You have symptoms of COVID-19.
- You are caring for someone in your household who has COVID-19.
- You have been exposed to COVID-19.

[Learn more about worker protections during COVID-19.](#)

DATA

Additional information is available at Michigan.gov/Coronavirus

What does the outbreak data on the website mean?

Numbers of outbreaks are reported to MDHHS by local health departments every week. In general, a COVID-19 outbreak is: two or more cases connected by place and time indicating a shared exposure outside of a household. For example, two new COVID-19 cases where it has been identified they visited the same restaurant on the same day, would be reported as an outbreak.

[Outbreak data](#) is presented in two tables:

1. The number of new outbreaks
 - Identified in the current reporting week.
 - Reported by setting and emergency preparedness region.
2. The number of ongoing outbreaks
 - Identified in previous weeks, but have had at least one new associated case reported in the last two weeks.
 - After two weeks with no new cases, the outbreak is considered closed and removed from the ongoing outbreaks.

- Reported by setting and emergency preparedness region.

New and ongoing outbreaks are only counted once: new outbreaks are not also counted in the ongoing outbreak category. To learn more about outbreak data in your area, review the local data on your [local health department website](#).

What is percent positivity and how is it used?

Percent positivity is the percentage of all COVID-19 diagnostic tests that are positive on a given day. This metric indicates whether enough tests are being done to detect most new cases. If enough diagnostic testing is being conducted each day, a low percent positivity (less than 3%) over a period of time can give us confidence that the spread of disease is under control.

Epidemiologists watch the percent positivity over weeks within an area since the number can fluctuate daily based on the number of tests performed.

- *Where can I find percent positivity data?*

Percent positivity is posted daily on the “Diagnostic Testing” tab at Michigan.gov/Coronavirus.

- *How is percent positivity calculated?*

Percent positivity is the number of positive diagnostic tests in a given day divided by the total number of diagnostic tests performed that day.

- Number of positive tests / Total number of tests performed in the same day = Percent positivity.
- Percent positivity data may include results from people who have tested positive more than one time, since that information is helpful in deciding if there are enough tests being performed. **However**, each individual is only included in the confirmed case count once.

- *Do other states follow percent positivity calculations?*

Yes, percent positivity is important to epidemiologists across the country and worldwide. You can find national numbers for percent positivity on the [CDC data tracker](#).