



**SELF QUARANTINE FOR 14 DAYS FROM LAST EXPOSURE TO POSITIVE COVID-19 CASE:**

**\*\*Please Note\*\* If you are a household contact your quarantine will be extended as your official 14 day count does not start until the isolated COVID positive individual is released from Isolation by the Health Department. This will be calculated for each individual contact based on the release from Isolation Date for the COVID positive individual.\*\* For some, this will add at a minimum 10 days + 14 days to Quarantine\*\* IF YOU ARE A CLOSE CONTACT TO A COVID-19 POSITIVE YOU WILL BE CONTACTED BY THE STATE HEALTH DEPARTMENT 'CONTACT TRACERS' ON A DAILY BASIS UNTIL YOU ARE DONE WITH YOUR QUARANTINE OR YOU BECOME SYMPTOMATIC AT WHICH TIME YOU WILL BE REFERRED BACK TO THE LOCAL HEALTH DEPARTMENT.**

**QUARANTINE MEASURES:**

Under no circumstance should you go to work, school or public places.

You should only consider leaving your home if you need medical attention

- Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines
- Wear a mask over your nose and mouth if you must leave your house to seek medical care • Take and record temperature daily
- Report any temperature of 100.4°F or above to your doctor
- Report any onset of respiratory illness to your doctor. These include: 1. Cough 2. Shortness of breath or difficulty breathing 3. Chest pain 4. Additionally, you could experience sore throat, muscle aches, chills, headache, abdominal pain, nausea, vomiting , diarrhea or loss of sense of taste and smell.
- If you need medical care, call ahead to your doctor
- Minimize contact with others in your home when possible
- Do not share items with your household members or pets such as dishes, drinking cups, silverware, towels or bedding. After using these items, they should be washed with soap and hot water
- Cover your coughs and sneezes with a disposable tissue or the upper part of your sleeve. Dispose of tissues in a lined trash can. Wash your hand immediately afterward



- Wash your hands frequently with soap and water for at least 20 seconds. This includes after using the restroom, coughing or sneezing, or when they are visibly dirty. If you do not have access to soap and water, use a hand sanitizer with 60% - 95% alcohol
- Avoid touching your eyes, nose and mouth with unwashed hands
- Clean your frequently used surfaces with a solution of ¼ cup bleach to a gallon of water or disinfectant sprays or wipes daily. This includes “high-touch” surfaces such as phones, tablets, keyboards, doorknobs, bathroom fixtures, toilets, counters, tabletops and bedside tables. Wear rubber gloves if necessary and make sure the area is properly ventilated
- Household members should practice self-monitoring

**CDC Recommends Testing For COVID-19 if you have been a close contact to a COVID-19 positive or if you develop symptoms of COVID-19.**

- ***If you develop symptoms of illness you will move into Self-Isolation***

#### **ISOLATION MEASURES:**

**SELF ISOLATION will be at a minimum 10 days from the onset of your symptoms or if no symptoms it will be 10 days from the date that you tested and you must be 24 hours fever free on the last day of Isolation.**

***Under no circumstance should you go to work, school or public places. You should only consider leaving your home if you need medical attention.***

- o Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines
- . o Wear a mask over your nose and mouth if you must leave your house to seek medical care.
- Avoid handling pets or other animals while you are sick.
- Cover your coughs and sneezes with a disposable tissue or the upper part of your sleeve. Dispose of tissues in a lined trash can. Wash your hands immediately afterward.
- Wash your hands frequently with soap and water for at least 20 seconds. This includes after using the restroom, coughing or sneezing, or when they are visibly dirty. If you do not have access to soap and water, use a hand sanitizer with 60% - 95% alcohol.

- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean your frequently used surfaces with a solution of ¼ cup bleach to a gallon of water or disinfectant sprays or wipes daily. This includes “high-touch” surfaces such as phones, tablets, keyboards, doorknobs, bathroom fixtures, toilets, counters, tabletops and bedside tables. Wear rubber gloves if necessary and make sure the area is properly ventilated.
- Clean any item or surface that may have blood, mucus, vomit, urine, stool or other body fluids on them.
- Make sure your home has good airflow, open windows if weather permits or use the air conditioner. If you live with others:
  - Separate yourself from other household members and pets whenever possible.
  - You should stay in a specific room and away from other household members.
  - Use a separate bathroom if possible. o If you must share a bathroom wipe down all surfaces after the patient uses it. o If you share a shower, do not share razors, washcloths or body sponges/poufs.

Keep toothbrushes separate.

**If you must enter a shared space put a mask over your nose and mouth before leaving your room.**

- Do not share items with your household members or pets such as dishes, drinking cups, silverware, towels or bedding. After using these items, they should be washed with soap and hot water.
- Household members should practice Self-quarantine
- Dirty laundry should be handled with gloves and kept away from the body. Do not shake out laundry. Wash and dry with normal detergent at highest temps per labels
- Someone who is asymptomatic should take care of and walk pets If you live alone, do not open your door to anyone.
- If someone is dropping off groceries or other items for you, have them leave it at your doorstep and wait until they leave to open the door.
- Do not cook food for anyone other than yourself.

- Pets can be let outside to relieve themselves, if you must walk them wear a mask or fabric over your face and stay close to your home to avoid contact with others

**When seeking care at a healthcare facility:**

- Call ahead to get direction from your health care provider. They may ask you to meet them outside or usher you into a different entrance than the general public uses.
- Avoid using public transportation to get to your medical provider or emergency department. Do not use busses, Uber, Lyft, taxi cabs or rail lines.

o If you are unable to drive yourself and do not have a ride, call 9-1-1 for transport by ambulance.

**o If someone is giving you a ride, wear a mask or fabric that covers your mouth and nose while you are in the vehicle with them.**

- If you are driving yourself, apply a mask or fabric that covers your mouth and nose before exiting your vehicle.

**TESTING**

**\*\* To Find a Testing Site Near you go to:**

[Michigan.gov/coronavirus](https://www.michigan.gov/coronavirus) and click on “find a test.”

**Other Resources:**

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

[vbcassdhd.org](https://www.vbcassdhd.org)