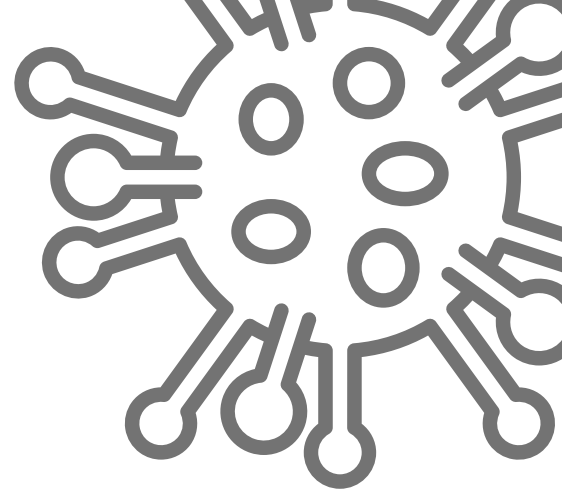


IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. 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 know you have COVID-19.

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

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious period = starts up to 2 days before symptoms appear (or 2 days before a positive test is done, if no symptoms), through the end of the isolation period.

You can resume normal activities when:

- 10 days have passed since symptoms started (or test date if no symptoms); AND
- you are fever-free for 24 hours; AND
- your symptoms have improved

How should I isolate at home? Stay in a separate bedroom, use a different bathroom from others if you can, wear a mask around others in your home and clean and disinfect surfaces often.

Repeated exposure to your household contacts will extend their quarantine timeline, so try your best to isolate from others in your home.



If you need an isolation or quarantine letter for your employer, you can call the health department at 1-800-815-5485 or visit www.bchdmi.org/COVID19.



**BERRIEN COUNTY
HEALTH DEPARTMENT**

better health. stronger communities.

Created 11/9/2020. Information is subject to change at any time.