



WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

isolation guidance (regardless of vaccination status)

1. Start isolating yourself right away.

- Stay home except to get medical care.
- Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.).
- Tell your employer you have COVID-19.

"Resolving symptoms" means your symptoms have gotten noticeably better.

2. Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine guidance.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

3. On Day 5, are symptom free or are your symptoms much improved?

- If yes, you can stop isolation on day 6*. Wear a well-fitting mask around others (including household members) through day 10. Avoid people who are immunocompromised, travel and take precautions through day 10.
- If no, you should not stop isolation. Continue isolating until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms*.



See page 3 to see how to count days after testing positive

*No one should leave isolation until they have been fever-free for 24 hours without the use of fever-reducing medication. If symptoms are not resolving or are worsening, seek medical care.

NOTE: If you develop symptoms after testing positive, your isolation period starts over. Day 0 is your first day of isolation



Wear a well fitting (no gaps) multi-layer mask or N95.

Additional recommendations from LMAS District Health Department:

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- **Take a rapid antigen test on day 5 of isolation if possible.**
 - If negative, end isolation on day 6 and wear a mask around others through day 10.
 - If positive, continue to isolate through day 10.
- **If you are often around vulnerable populations (e.g., immunocompromised or elderly people):**
 - Consider continuing isolation for longer (a full 10 days).
 - If you decide to stop isolation before 10 days, take a rapid antigen test. If positive, consider isolating for the full 10 days.

If you need an isolation letter for your employer, please make sure to fill out the PEG survey sent to you.

If you need more assistance please use our LMASDHD.org website contact form and you will receive a response with 24 hours

*These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance. For more information:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>



Last updated 1/18/2022. Information is subject to change at any time.

See more about what to do if you're sick or exposed at www.lmasdhd.org



WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

quarantine guidance/close contacts

CDC guidelines for the general population:

If you...

- are 18+ years old, are fully vaccinated, and have gotten a booster (if eligible),* **OR**
- are 5-17 years old and have completed the primary series of COVID-19 vaccines, **OR**
- tested positive for COVID-19 within the last 90 days

Then you don't need to quarantine, but you should:

- Wear a well-fitting mask around others for 10 days. Monitor for symptoms. Avoid travel and being around people who are at high risk for severe illness. Take precautions through day 10.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*Some immunocompromised people should also have received an additional primary series dose



See pages 3 to see how to count days after being exposed

If you...

- are not fully vaccinated, **OR**
- got your 2nd dose of Pfizer vaccine more than 5 months ago and have not gotten a booster, **OR**
- got your 2nd dose of Moderna vaccine more than 6 months ago and have not gotten a booster, **OR**
- got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster

Then you should quarantine for at least 5 days:

- During quarantine, stay home and away from others except to get medical care. Monitor for symptoms. Wear a well-fitting mask if around others at home. Avoid travel and take precautions through day 10.
 - If you develop symptoms, get tested immediately (PCR or rapid antigen) and isolate until you get your results. If you're positive, follow isolation guidance. If negative, stay home until symptoms resolve.
 - If you don't develop symptoms, get tested (PCR or rapid antigen) on day 5 if possible. If positive, follow isolation guidance. If negative or if it is not possible to test, you can stop quarantining on day 6 but continue to wear a well-fitting mask around others until day 11.
- Avoid people who are immunocompromised or at high risk for severe illness and avoid high-risk settings (like being around grandparents) until after at least 10 days.
- If you are unable to quarantine, wear a well-fitting mask for 10 days when around others (at home and in public). Keep activities to essential tasks only.

Anyone who develops symptoms should avoid others and get tested (PCR or rapid antigen).

If positive, follow isolation guidance. If negative, stay home until symptoms resolve.

If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.



A well fitting mask is one with no gaps and multi-layers or KN95.

If you need more assistance please use our [LMA SDHD.org](https://www.lmasdhd.org) website contact form or call 906-341-6951 x111 and you will receive a response within 24 hours

*These are guidelines for the general population. Certain settings like schools, health care facilities, and congregate settings may have additional guidance.

Luce, Mackinac, Alger & Schoolcraft Counties are still at a high level of COVID-19 transmission. Everyone should wear a well-fitting mask in indoor public spaces regardless of vaccination status.



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See more about what to do if you're sick or exposed at www.lmasdhd.org



How to count days after testing positive or being exposed to COVID-19

IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. Day 0	Day 1	Day 2	Day 3	Day 4	If you have no symptoms or if symptoms are resolving, this could be last day of isolation + Day 5	Continue masking around others Day 6
Continue masking around others				You may stop wearing a mask around others.	*Continue to wear a well-fitting mask when around others until Day 11 + Take a rapid antigen test this day to determine next steps, if possible	
Day 7	Day 8	Day 9	Day 10	Day 11		

WCHD recommendation: if you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are 18+ years old, are fully vaccinated, and have gotten a booster (if eligible), OR
- are 5-17 years old and have completed the primary series of COVID-19 vaccines, OR
- tested positive for COVID-19 within the last 90 days

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Wear a well-fitting mask around others. Day 0	Day 1	Day 2	Day 3	Day 4	Get tested on this day if possible. Day 5	Continue masking around others Day 6
Continue masking around others				You may stop wearing a well-fitting mask around others.		
Day 7	Day 8	Day 9	Day 10	Day 11		

WCHD recommendation: if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are not fully vaccinated, OR
- got your 2nd dose of Pfizer vaccine more than 5 months ago and have not gotten a booster, OR
- got your 2nd dose of Moderna vaccine more than 6 months ago and have not gotten a booster, OR
- got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Stay home (quarantine). Day 0	Day 1	Day 2	Day 3	Day 4	Get tested on this day if possible. Day 5	You can end quarantine. Keep wearing a well-fitting mask around others. Day 6
				You may stop wearing a well-fitting mask around others.		
Day 7	Day 8	Day 9	Day 10	Day 11		

WCHD recommendation: if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.