Mid-Michigan District HEALTH DEPARTMENT
CLINTON • GRATIOT • MONTCALM

Clinton Office
1307 E. Townsend Rd.
St. Johns, MI 48879
989-224-2195

Gratiot Office
151 Commerce Dr.
Ithaca, MI 48847
989-875-3681

Montcalm Office
615 N. State St.
Stanton, MI 48888
989-831-5237

IMPORTANT INFORMATION FOR INDIVIDUALS WITH COVID19

IMPORTANT: A person with a positive COVID-19 test must isolate for at least 10 days passed symptom onset or test collection date for asymptomatic people.

I tested positive for COVID-19 but had no symptoms
If you continue to have no symptoms, you can be with others after 10 days have passed since the date of test collection
If you develop symptoms after testing positive, follow the guidance (I tested positive for COVID-19 and had symptoms) below.

I tested positive for COVID-19 and had symptoms
You can be with others after:
- At least 10 days passed since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Other symptoms of COVID-19 are improving
  - Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation

IMPORTANT: People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days, as long as they do not develop symptoms again.

If you have recovered from your symptoms after testing positive for COVID-19, you may continue to test positive for three months or more without being contagious to others. For this reason, you should be tested only if you develop new symptoms of possible COVID-19.

A close contact is someone who was closer than 6 feet, for 15 minutes or more over a 24-hour period - this is cumulative time throughout the day - with or without masks to the COVID -19 positive person during their contagious period. Also, a close contact could be someone who provided care at home to someone sick with COVID-19, had direct physical contact with the person (hugged or kissed them), shared eating or drinking utensils, or if they sneezed, coughed, or somehow got respiratory droplets on you.

Someone is considered a close contact when they have been in contact with a positive COVID case during their contagious period (which begins 2 days before symptom onset or 2 days before test collection if no symptoms until 10 passed when symptoms first appeared). Quarantine will start the date of last contact with the positive case during their contagious period.

IMPORTANT: The standard quarantine time for these individuals is 14 days, however, they may quarantine for 10 days if no symptoms of COVID-19. If the individual has no symptoms and decrease quarantine time to 10 days, they **must** continue to monitor for symptoms of COVD-19 for 14 days.

- Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.
- If you cannot avoid close contact with the person who has COVID-19, avoid contact with others outside the home while the person is sick, and quarantine for 10-14 days after the person who has COVID-19 meets the criteria to end home isolation.

Contacts of a contact do not need to quarantine but should monitor themselves for symptoms.

It is recommended for close contacts of a positive case to wait 5-7 days after exposure to obtain testing if asymptomatic.