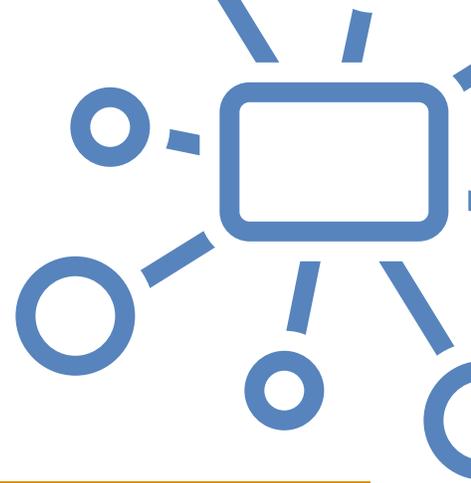


# IF YOU TEST POSITIVE FOR COVID-19



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** = starts 2 days before symptoms appear (or 2 days before positive test, 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),
- you are fever-free for 24 hours, and
- your symptoms have improved.

## CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes in a 24 hour interval) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

Please note that a negative test result does not shorten the quarantine period. If you remain free of symptoms, BCHD recommends delaying testing until either (a) you develop symptoms or (b) closer to the end of the quarantine period.

If you tested positive and have not been contacted by the Bay County Health Department please complete the online COVID-19

**Case Interview Survey.**

If you have questions or concerns regarding COVID-19 please call the Health Department at 989-895-4009 x6 and leave a message.