

QUARANTINE AND TESTING GUIDELINES

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department (CDC).



I THINK OR KNOW I HAD COVID-19, AND I HAD SYMPTOMS

You can be around others after:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- COVID-19 symptoms have improved (for example, cough, shortness of breath)

Once your symptoms are completely resolved – meaning no fevers for 24 hours without a fever-reducing medication and zero symptoms for 3 days – you may end your self-isolation.



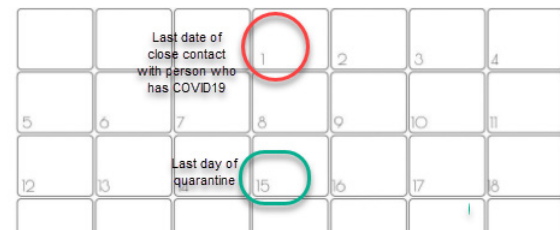
I HAVE BEEN AROUND A PERSON WITH COVID-19 AND TESTED NEGATIVE

You do not need to self-quarantine per Governor Whitmer's Executive Order 2020-110. While Michiganders are no longer required to stay home, we must all continue to be smart, wear a mask and practice social distancing and encourage those who meet the criteria to get tested for COVID-19.



I HAVE BEEN AROUND A PERSON WITH COVID-19 AND DON'T HAVE SYMPTOMS AND HAVE NOT BEEN TESTED.

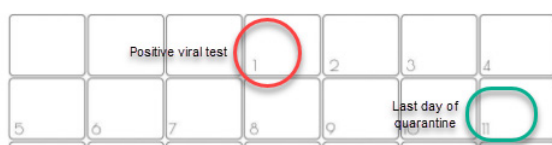
You should self-quarantine as you may be contagious before you start having symptoms. If you're around family, your family would also be susceptible.



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 you had a positive viral test for COVID-19. Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID-19, and I had symptoms."



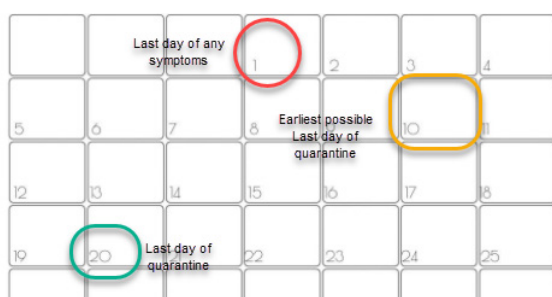
I HAVE NOT BEEN IN CONTACT WITH SOMEONE WHO HAS COVID-19 BUT I HAVE SYMPTOMS

If you have coronavirus symptoms fever ≥ 100.4 F or chills/sweats, or TWO OR MORE new symptoms in last 3 days: fever, cough, shortness of breath, body aches, headache, sore throat, nausea/vomiting/diarrhea, or loss of taste or sense of smell, call your primary care doctor and schedule an appointment for further evaluation. If you are a Henry Ford patient, connect with your doctor using MyChart.



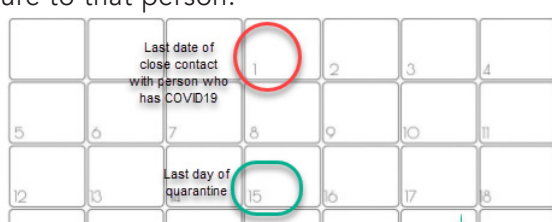
I WAS SEVERELY ILL WITH COVID-19 OR HAVE A SEVERELY WEAKENED IMMUNE SYSTEM (IMMUNOCOMPROMISED) DUE TO A HEALTH CONDITION OR MEDICATION. WHEN CAN I BE AROUND OTHERS?

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared.



I HAVE BEEN AROUND A PERSON WITH COVID-19 AND HAVE NOT BEEN TESTED BUT HAVE SYMPTOMS

Anyone who has had close contact with someone with COVID-19 should stay home for 14 days after their last exposure to that person.



COVID-19 TESTING

WHAT ARE THE CRITERIA FOR TESTING?

Currently, tests are limited to symptomatic patients with mild, moderate OR severe disease, patients (symptomatic or asymptomatic) expected to be placed in a Henry Ford hospital, those undergoing time-sensitive procedures and surgeries and healthcare workers providing care to ill patients.

WHO DECIDES CRITERIA FOR TESTING?

The CDC decides testing criteria. Considerations for who should get tested

- People who have symptoms of COVID-19
- People who have had close contact (within 6 feet of an infected person for at least 15 minutes) with someone with confirmed COVID-19
- People who have been asked or referred to get testing by their healthcare provider, local or state health department

Not everyone needs to be tested. If you do get tested, you should self-quarantine/isolate at home pending test results and follow the advice of your health care provider or a public health professional.