

# I have been tested for COVID-19 - what do I do now?

If you have been tested for the virus that causes COVID-19, you must stay at home and isolate yourself until the test results are returned. Isolation/quarantine means to stay separate from other people, so that sickness is not spread. Depending on your test results, you will either be allowed to return to regular activity, or will have to continue isolation/quarantine until the Health Department instructs you to stop. Your Local Health Department will be contacting you to verify that you have received and can follow these instructions. **If you have not been contacted, please call your Local Health Department immediately!**

## Guidelines for Hygiene:

Even in isolation, you still have to follow the same hygiene protocols the CDC recommends for people who are out in public. This means:

**Cover your cough and sneezes:** Cover your mouth and nose with a tissue when you cough or sneeze, and throw used tissues in a lined trash can. Alternatively, cough or sneeze into your elbow.

**Clean your hands often:** Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, sneezing, going to the bathroom; and before eating or preparing food. Soap and water are the best option. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

**Avoid touching:** Avoid touching your eyes, nose and mouth with unwashed hands.

**Avoid sharing personal household items:** You should not share dishes, cups, eating utensils, towels or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water or laundered with detergent.

**Clean all "high-touch" surfaces every day:** Regularly clean high-touch surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, electronic devices, and bedside tables. Clean any surfaces that may have blood, stool or body fluids on them. Use a household cleaning spray or wipe, and follow the label instructions. Labels contain directions for safe and effective use of the cleaning product, including any precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Guidelines for Isolation:

**Stay home:** Stay in your home or apartment until you are instructed that you can leave. If you need medical care, call ahead so that staff can prepare for your arrival. **DO NOT** go to your doctor's office, an ER or urgent care center without informing them that you are coming, and that you have the coronavirus. **(Call 911 if you have a medical emergency, and tell them you may have coronavirus.)**

**Avoid public areas:** Do not go to work, school or any public areas. This includes, but is not limited to, activities such as going to the grocery store, walking the dog, visiting the laundromat, going to the movies, picking up food, and attending church. **STAY HOME.**

**Avoid public transportation:** Stay off of all public transportation like buses, subways, trains and planes; ride-sharing like Uber or Lyft; or taxis. **STAY HOME.**

### Separate yourself from other people and animals in your home:

**Stay away from others, even your partner or children:** As much as possible, stay in a specific room and keep away from other people in your home. Use a separate bathroom from the rest of your household. If you must share a bathroom, someone in your household will need to clean the bathroom every time you use it by disinfecting door knobs, bathroom fixtures and other "high-touch" surfaces.

**Consider limiting contact with pets and other animals:** That includes not snuggling, being kissed or getting licked by your pet, or sharing food.

**Discontinuing home isolation:** People with confirmed COVID-19 should remain under home isolation until the risk of transmission to others is thought to be low. The decision to discontinue home isolation should be made healthcare providers in conjunction with your local health department.

## Caring for yourself:

**Monitor your symptoms:** About 80% of people recover from COVID-19 without needing hospitalization or any special treatment. While in isolation, you should only be leaving home to access medical care. Seek immediate medical attention if your illness is worsening (such as difficulty breathing). Before seeking care, call your healthcare provider or the location you are seeing treatment, such as an Urgent Care or Emergency Room and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

**If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19.** If possible, put on a facemask before emergency medical services arrive.

**Manage your symptoms:** Self-care for COVID-19 is very similar to other upper respiratory infections. Rest and get plenty of sleep. Stay hydrated by drinking plenty of water. Over-the-counter medications, like cough suppressants, can help minimize coughing episodes. Pain relievers and fever reducers like acetaminophen (brand name Tylenol) and ibuprofen (Advil) can help treat muscle aches and pain, and reduce fevers.

**Care for your mental health:** The stress and anxiety that can accompany a national emergency like the COVID-19 outbreak can be just as crippling as the physical symptoms themselves. Set limits on how much time you spend reading or watching news about the outbreak, try to shift your focus on things that are going well in your life and things you can control. Make sure the news and information that you are consuming is coming from a reputable source.

If you're feeling well enough, take time for activities that relax and fulfill you; taking walks, gardening, reading a book, listening to music, cooking or baking, crafting, hobbies and connecting with family and friends over the phone or video message.

Know that feeling stressed, depressed, guilty, or angry is common during an event like this and it's important that you take care of your emotional health as well as your physical health.

## Helpful Information:

**St. Clair County Emergency Operations Center (EOC)**  
(810) 966-4163  
Phone lines are staffed 8:00 a.m. - 5:00 p.m.  
[covid19@stclaircounty.org](mailto:covid19@stclaircounty.org)

**St. Clair County Health Department**  
COVID 19 hotline (810) 966-4163  
Phone lines are staffed Monday - Friday, 8:00 am - 4:30 pm with afterhours voicemail  
[www.stclaircounty.org/offices/health/](http://www.stclaircounty.org/offices/health/)

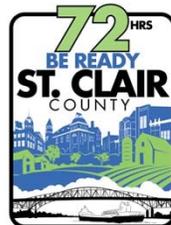
**Michigan Department of Health and Human Services**  
Statewide Covid-19 hotline 1-888-535-6136  
Phone lines are staffed seven days a week from 8:00 a.m. to 5:00 p.m.  
[www.michigan.gov/mdhhs](http://www.michigan.gov/mdhhs)

**St. Clair County Community Mental Health**  
To Access services call the Region 10 Access Line at 1-888-225-4447. For in person crisis intervention, call the Mobile Crisis Unit at (810) 966-2575.  
[www.scccmh.org](http://www.scccmh.org)

**The Centers for Disease Control**  
[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)

**SAMHSA Disaster Distress Helpline**  
1-800-985-5990  
[www.samhsa.gov/find-help/disaster-distress-helpline](http://www.samhsa.gov/find-help/disaster-distress-helpline)

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**St. Clair County  
Community Mental Health**  
*Promoting Discovery & Recovery Opportunities  
for Healthy Minds & Bodies*

