

YOU WERE TESTED FOR COVID-19 NOW WHAT?



While you wait for your COVID-19 test results, protect your family, friends, and community by following the steps below. If you test positive for COVID-19, you may not receive a call from the health department. Learn more: bit.ly/37qU1x4

DO:

-  **Limit interaction with those around you.** Stay in a separate room, like a bedroom, away from others in your home. Use a different bathroom if you can.
-  **Wear a mask or cloth face covering.** Make sure it covers your nose and mouth. Remember to stay 6 feet away from people and pets. People who are near you should also wear a mask or cloth face covering that covers their nose and mouth.
-  **Use meal or grocery delivery services when possible** or ask family and friends for help.
-  **Clean and disinfect things you touch,** like light switches, doorknobs, tables and remotes.
-  **Wash your hands often.** Use soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol.
-  **Cover cough and sneezes.** Cough or sneeze into your elbow or a tissue, then wash your hands.
-  **Consider people living with you.** If you live with someone with health conditions, think about whether there are other places you can stay while you get well.

DON'T:

-  **Don't leave home, unless you need medical care.**
-  **Don't share personal items.** Things like dishes, towels, and bedding should not be shared, even with family.
-  **Don't use public transportation, if you have another choice.**

HELP IS HERE FOR YOU!

Michigan 2-1-1: Visit mi211.org or dial 2-1-1 to connect with resources in your local community, like housing and financial assistance.

MI Bridges: Go to Michigan.gov/MIBridges today to apply for benefits, such as food assistance and health care coverage, and learn about resources in your community.

Michigan Stay Well Counseling: Call 1-888-5356136 and press "8" to talk with a Michigan Stay Well counselor or visit Michigan.gov/StayWell for more information. Counseling is free, confidential, and available 24/7.

For more information visit www.LCHD.org.

Access the electronic version of this document at bit.ly/39ldkEJ.
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