



Information for people who have been exposed to COVID-19

If you have been exposed to someone with COVID-19, you will be required to stay at home for 14 days. During this time, someone from the health department may check in with you to see if you develop symptoms. If you do develop symptoms of COVID-19 infection, we will assist you in getting tested and help you receive medical care.

What are the symptoms of COVID-19 infection?

The primary symptoms are:

- fever
- cough
- shortness of breath.

Some people may also have other symptoms, such as headache, abdominal discomfort, or muscle aches.

It can take up to 14 days to develop symptoms after being exposed to someone with COVID-19.

What do I need to do?

1. **You must stay at home for 14 days!** Do not go to work, school, church, stores, or anywhere there are people other than your household members.
2. Take your temperature daily.
 - If you forgot to take your temperature, take it as soon as you remember.
 - If you are taking medication that can lower your temperature (e.g. Tylenol (acetaminophen), aspirin, Motrin (Ibuprofen) or Aleve (naproxen), take your temperature before taking your next dose of these medications.
3. If you develop a fever, cough or shortness of breath, immediately call Health Department of Northwest Michigan at 1-800-432-4121
4. Health department staff may check in with you to see how you are. We can text, email or call you – whichever method you prefer.

DO NOT go to a clinic or hospital without first calling ahead. If you call 911, inform them that you are being monitored for COVID-19. Tell your doctor or hospital that you are being monitored by Health Department of Northwest Michigan and they can reach us at any time by calling 800-432-4121.

For Questions/Assistance, call the health department at 1-800-432-4121. Or call the Michigan Hotline at 1-888-535-6136.

For more information:

www.nwhealth.org/covid19.html

www.michigan.gov/coronavirus

www.cdc.gov/coronavirus