Navigating COVID-19 exposure, testing, and quarantine

This section* will answer the following questions:

*Access the other sections of this workbook by visiting: http://michmed.org/ng2Wl

State of Michigan COVID-19 Hotline: 888-535-6136 | COVID19@michigan.gov
Michigan Medicine COVID-19 Hotline (for Michigan Medicine patients who want to be evaluated for COVID-19): 734-763-6336 (7:00AM - 6:00PM)

i How to use this section

This workbook is for patients with COVID-19 and for anyone assisting in their care. This document refers to anyone who is providing care to someone during or after a hospital stay as a "caregiver." This may be the first time you find yourself in a caregiving role, or you may have been a caregiver to this person (or others) for a long time.

Downloading and printing

Printing and downloading instructions may vary depending on the Internet browser you use. Below are example instructions.

1. On your computer, click on the link to the workbook section you wish to print. This will open the document as a tab in your web browser.
2. Hover your mouse over the document. Icons will appear in the top right corner. Click on the middle icon (the underlined arrow). This will download the document as a PDF onto your computer.
3. Open your file explorer, then navigate to your "Downloads" folder. Double-click on the document name. This will open the PDF in a PDF viewer, such as Adobe Acrobat.
4. In the top-left corner of the PDF viewer, select "File," then "Print." You can also print by pressing the "P" key while holding down Ctrl (on a PC) or ⌘ Command (on a Mac). Before printing, make sure you have selected the printer you want to use.

Increasing text size

On your computer, tablet, or phone, you can zoom in or zoom out to make text and images larger or smaller.

- **Zoom Buttons:** Depending on your browser or PDF viewer, there may be buttons to zoom in and out. Press or click the plus (+) button to zoom in.

- **Pinch to Zoom:** On a smartphone or tablet, touch the PDF with your finger, then zoom by pinching two fingers in or out.

Using hyperlinks

This workbook contains hyperlinks. On your computer, tablet, or phone, you can click on a hyperlink to take you to a specific website or online resource. A hyperlink can look like text: [Centers for Disease Control](#), or like a web address: https://www.cdc.gov/.

Using QR codes

This workbook contains **QR codes**: a type of "square barcode" that takes you to an online resource. Most phones now have built-in QR code readers or are compatible with free apps that can read QR codes. To use a QR code, open your camera app on your smartphone, hold your smartphone camera over the QR code, and click on the link that should appear on your screen.

Interactive table of contents

At the beginning of each section is a box that explains what questions the section answers. The questions are also hyperlinks. If you click on one of these hyperlinked questions, you can jump right to that section of the workbook.

What should I do if I have symptoms of COVID-19?

How do I check for symptoms of COVID-19?[1]

The most common symptoms of COVID-19 include:

- Fever
- Cough
- Headaches
- Fatigue
- Muscle or body aches
- Loss of taste or smell
- Sore throat
- Nausea
- Diarrhea

For non-emergency situations:

- Access the Centers for Disease Control (CDC) Coronavirus Self-Checker (http://michmed.org/05mm4) to check for symptoms. This Self-Checker can help you make decisions on when to seek testing and medical care.

- Call or email the State of Michigan COVID-19 Hotline for guidance (888-535-6136; COVID19@michigan.gov).

- Existing patients at Michigan Medicine can call the Michigan Medicine COVID-19 Hotline (734-763-6336; 7:00AM - 6:00PM).

> **If you have trouble breathing, chest pain or pressure, new confusion, bluish lips or face, or difficulty staying awake, get medical care immediately.**

If you have symptoms of COVID-19, you should isolate for at least 10 days. If you have severe symptoms or other health conditions, you may need to isolate for longer. Stay home and separate from people (even in your own household), except for medical appointments. You may also consider getting a test for COVID-19.[2]

What is the difference between quarantine and isolation?

Quarantine is for those who may feel well, but still need to keep away from others because:

- They had close contact with someone who has COVID-19, or
- They want to make sure they aren't getting sick.

Isolation is for those who need to keep away from others (even in their own home) because:

- They are sick or have symptoms of COVID-19, or
- They tested positive for COVID-19 (even without symptoms).

Note: Some people may be **asymptomatic**: they may have COVID-19 but not have symptoms.

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[1]Adapted from: Centers for Disease Control and Prevention. Things to Know about the COVID-19 Pandemic. https://www.cdc.gov/coronavirus/2019-ncov/your-health/need-to-know.html. Published 2020. Accessed November 19, 2020.

[2]Adapted from:
Centers for Disease Control and Prevention. COVID-19: Quarantine vs. Isolation. Atlanta; 2020. https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf.

Centers for Disease Control and Prevention. What to Do If You Are Sick. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html. Published 2020. Accessed December 2, 2020
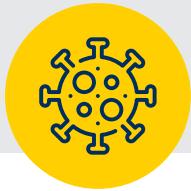
What if my symptoms last longer than two weeks?[3]

Symptoms can be mild or irregular and last for weeks or even months after recovery from acute illness. Even people who are not hospitalized and who have mild illness can experience ongoing symptoms. This is sometimes referred to as **Long-COVID**.

The most commonly reported long-term symptoms include:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other reported long-term symptoms include:

- Difficulty with thinking and concentration, also known as **brain fog**
- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating or pounding heart, also known as **heart palpitations**

More serious long-term complications appear to be less common but have been reported. These complications include heart, lung and kidney issues, hair loss, difficulty with concentration, and depression. There is still much that is unknown about the long-term effects of COVID-19, but support is available:

- Contact your doctor if you feel you need help
- Join an online COVID-19 support group on Facebook:
  - Long COVID Support Group: https://www.facebook.com/groups/longcovid/
  - Long Haul COVID Fighters - Round 2 (Onset of illness **after** 04/01/20): https://www.facebook.com/groups/650553172199572
  - For more support groups, see Appendix A: "Building Your Support Network."

[3]Adapted from: Center for Disease Control and Prevention. Long-Term Effects of COVID-19. https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html. Published 2020. Accessed December 2, 2020.

How do I manage symptoms at home?[4]

Many people can manage mild symptoms of COVID-19 at home. Talk to your doctor about how to manage your symptoms. Your doctor may have different recommendations for you based on your medical history, but many people can manage COVID-19 symptoms by:

- Taking acetaminophen (Tylenol) or ibuprofen (Motrin/Advil) for fever. Follow label instructions and do not exceed the maximum dose per day for any medication.
- Getting rest
- Staying hydrated by drinking water or sports drinks
- Eating when possible

Call your doctor if you have any concern about COVID-19 symptoms, including:

- Fever that does not come down with medication
- Vomiting or diarrhea lasting more than 24 hours or any bloody diarrhea
- Shortness of breath
- Any other symptoms that keep getting worse or feel unmanageable, including: chills, repeated shaking with chills, severe tiredness, muscle pain, headache, sore throat, runny nose, and/or a new loss of taste or smell.

COVID-19 treatment and prevention myths

Researchers are testing a variety of COVID-19 treatments. You may have heard about a food, drug, or other method that claims to prevent, treat, or cure COVID-19. It may be tempting to use a questionable method or product to stay healthy during the pandemic, but it is extremely unlikely to work and might cause serious harm. For more information about COVID-19 treatment and prevention myths, visit: http://michmed.org/6doYV

"Home remedies and natural therapies have an important part to play in COVID-19 treatment, but folks need to be thoughtful about whether or not these remedies are safe or can cause harm. If you have any questions, you should check in with a healthcare provider."

- Sheria G. Robinson-Lane, PhD, RN, Assistant Professor at the University of Michigan School of Nursing

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[4]Adapted from: Washtenaw County Health Department. What to do if You're Sick with COVID-19. https://www.washtenaw.org/3104/What-to-do-if-Youre-Sick. Published 2020. Accessed December 2, 2020.

How do I seek medical advice for COVID-19?

How can I get medical advice about COVID-19?[5]

If you are a Michigan Medicine patient, there are three ways you can get medical advice about COVID-19:

1. Schedule a Virtual Care Visit: Submit an E-Visit or Urgent Care Video Visit request for prompt evaluation for COVID-19. Visit Michigan Medicine's Virtual Care page (https://www.uofmhealth.org/virtualcare) or log in to the MyUofMHealth patient portal (http://michmed.org/xoWYR) to get started.
2. Call the Michigan Medicine COVID-19 Hotline for patients: 734-763-6336 (7 a.m. to 6 p.m., 7 days a week)
3. Contact your primary care provider. Patients with a U-M primary care doctor may contact their doctor's clinic for evaluation of COVID-19 symptoms. Find your doctor using the Michigan Medicine Find a Doctor tool (http://michmed.org/Wn28L) or search for a Michigan Medicine doctor by location (https://www.uofmhealth.org/our-locations).

There are other ways you can get medical advice about COVID-19 outside of Michigan Medicine:

1. Contact your primary care provider
2. Call or email the State of Michigan COVID-19 Hotline: 888-535-6136 or COVID19@michigan.gov

When should I seek emergency medical care?[6]

If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately. Call 911 or call ahead to your local emergency facility:

1. Tell the operator: I have or may have COVID-19.
2. Put on a mask before emergency personnel arrive or before going to the hospital.

> ### Emergency warning signs* for COVID-19
>
> If someone is having trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face, seek emergency medical care immediately.
>
> *This list does not include all of the possible symptoms of COVID-19. Please call your medical provider for any other symptoms that are severe or concerning to you.

[5]Adapted from: Michigan Medicine. COVID-19. https://www.uofmhealth.org/conditions-treatments/infectious-disease/covid-19. Published 2020. Accessed December 2, 2020.

[6]Adapted from: Centers for Disease Control and Prevention. Symptoms of Coronavirus. https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html#seek-medical-attention. Published May 13, 2020. Accessed November 11, 2020.

How can I protect myself and others from COVID-19?

Precautions to take at home

- Cover your mouth and nose with a mask when around others
  (see how: https://youtu.be/VMIrfTvcnAI)
  - The mask is meant to protect other people in case you are infected.
  - You could spread COVID-19 to others even if you do not feel sick.
  - Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.
- Clean and disinfect
  - Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
  - Use detergent or soap and water to clean and then use a household disinfectant.
- Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol

How do I safely throw away used, disposable PPE, such as masks and gloves?

- Do not touch your face while removing your PPE
- Remove your PPE and throw it in a lined trash can
- Wash hands after touching used PPE
- Do not throw used PPE on the ground
- PPE is NOT recyclable (except cloth masks which must be washed)

For more information about disposing of PPE, visit:

- Washtenaw County's "How to safely throw away used PPE" guide: http://michmed.org/KkRPV
- CDC's "Caring for Someone Sick at Home" page: http://michmed.org/yO095

What should I do if I had close contact with someone who has COVID-19, but I don't have symptoms?

If you had close contact with someone who has COVID-19, you should quarantine (stay home) and consider getting a test for COVID-19. Even if you test negative for COVID-19 or feel healthy, you should still quarantine since symptoms may appear 2 to 14 days after exposure to the virus.

Any of the following counts as "close contact" with someone who has COVID-19:[7]
- You were within 6 feet of the person for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

What is the difference between quarantine and isolation?[8]

Quarantine is for those who may feel well, but still need to keep away from others because:
- They had close contact with someone who has COVID-19, or
- They want to make sure they aren't getting sick.

Isolation is for those who need to keep away from others (even in their own home) because:
- They are sick or have symptoms of COVID-19, or
- They tested positive for COVID-19 (even without symptoms).

Note: Some people may be **asymptomatic**: they may have COVID-19 but not have symptoms.

[7]Adapted from:

Centers for Disease Control and Prevention. COVID-19: Quarantine vs. Isolation. https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf. Published 2020. Accessed December 1, 2020.

Centers for Disease Control and Prevention. COVID-19: When to Quarantine. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html. Published 2020. Accessed December 1, 2020.

[8]Adapted from:

Centers for Disease Control and Prevention. COVID-19: Quarantine vs. Isolation. https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID-19-Quarantine-vs-Isolation.pdf. Published 2020. Accessed December 1, 2020.

Centers for Disease Control and Prevention. COVID-19: When to Quarantine. https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html. Published 2020. Accessed December 1, 2020.

What should I do if I was exposed to COVID-19?

When should I get a COVID-19 test?[9]

To avoid bringing COVID-19 home or spreading it to others in the community, it is especially important to consider getting tested if any of the following is true:

- You feel sick

- Someone close to you feels sick

Some testing sites have restrictions for who can get tested. Generally, if you work outside the home, you should be eligible for testing. For updated information about State of Michigan COVID-19 testing criteria, visit: http://michmed.org/2GXz1

There are many locations where you can get tested at no charge to you. To learn more about COVID-19 testing in Michigan and find a testing location:

- Visit: http://michmed.org/5L4z6

- Call the State of Michigan COVID-19 Hotline at 888-535-6136 and press 1

Remember: you cannot test your way out of quarantine. It can take up to 14 days after exposure for an infection to develop, so you could end up testing positive later on. It's important to stay in quarantine for the full 14 days to prevent spreading COVID-19!

What should I do while I'm waiting for my COVID-19 test results?[10]

While you wait for your COVID-19 results, protect your family, friends and community. Isolation and quarantine are two reliable ways to prevent the spread of a contagious disease, like COVID-19. Isolation and quarantine help keep people who are sick or have been exposed separate from people who have not been exposed. Continue reading for information about how to quarantine and isolate.

[9]Adapted from: State of Michigan. Coronavirus - Should I get tested for COVID-19? https://www.michigan.gov/coronavirus/0,9753,7-406-98810-532894--,00.html. Published 2020. Accessed December 3, 2020.

[10]Adapted from:
State of Michigan. Coronavirus - Protect. https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99914---,00.html. Published 2020. Accessed December 3, 2020.

State of Michigan. You Were Tested for COVD-19: Now What? https://www.michigan.gov/documents/coronavirus/Accessible_-_2020_MDHHS_COVID_Testing_PostTest_Flyer_June_B_FINAL_696360_7.pdf. Published 2020. Accessed December 3, 2020.

How do I quarantine or isolate at home?[11]

If you are quarantining at home:

Do:

- **Stay home until 14 days**[*] after your last contact (except to get medical care).
- **Take your temperature** twice a day to check for fever (100.4°F or 38°C).
- **Watch for symptoms of COVID-19** including fever, cough, shortness of breath, or other.
- **Stay away from others**, as much as possible, especially people who are at higher risk for getting very sick from COVID-19.
- **Wear a mask or cloth face covering if you need to leave your house.** 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.

Don't:

- **Leave home**, unless you need medical care.
- **Use public transportation**, if you have another choice.

> **Remember:** you cannot test your way out of quarantine. It can take up to 14 days after exposure for an infection to develop, so you could end up testing positive later on. It's important to stay in quarantine for the full 14 days to prevent spreading COVID-19!
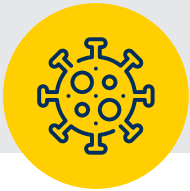
Visit the CDC's "When to Quarantine" page for more information about how to quarantine: http://michmed.org/Wn24L

[*]Your quarantine time may need to be extended under certain circumstances. For example, if you live with someone who has COVID-19 and cannot avoid continued close contact, quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation (http://michmed.org/9alw0).

[11]Adapted from:

State of Michigan. Coronavirus - Protect. https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99914---,00.html. Published 2020. Accessed December 3, 2020.

State of Michigan. You Were Tested for COVD-19: Now What? https://www.michigan.gov/documents/coronavirus/Accessible_-_2020_MDHHS_COVID_Testing_PostTest_Flyer_June_B_FINAL_696360_7.pdf. Published 2020. Accessed December 3, 2020.

If you are sick and need to isolate:[12]

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. If having separate bathrooms isn't possible, keep your toothbrushes separate.

- **Monitor your symptoms.** If you have trouble breathing, chest pain or pressure, new confusion, bluish lips or face, or difficulty staying awake, **get medical care immediately**.

- **Wear a mask or cloth face covering if you need to leave your room.** 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. Clean and disinfect your "sick room" and bathroom yourself.

- **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. Don't touch your face unless you've just cleaned your hands.

- **Cover coughs 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. (See Temporary Shelter Resources)

- **Continue isolating** until you meet the [criteria to end home isolation](http://michmed.org/9alw0) (http://michmed.org/9alw0).

Don't:

- **Leave home**, unless you need medical care.

- **Use public transportation**, if you have another choice.

- **Share personal items.** Things like dishes, towels, and bedding should not be shared, even with family.

[12]Adapted from:

State of Michigan. Coronavirus - Protect. https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99914---,00.html. Published 2020. Accessed December 3, 2020.

State of Michigan. You Were Tested for COVD-19: Now What? https://www.michigan.gov/documents/coronavirus/Accessible_-_2020_MDHHS_COVID_Testing_PostTest_Flyer_June_B_FINAL_696360_7.pdf. Published 2020. Accessed December 3, 2020.

What should I do if I live with someone who has COVID-19?

> *"When you're living with someone who you think or know has COVID-19, you should support them physically and emotionally, while at the same time avoiding getting close, touching them or touching things they have touched that haven't been cleaned yet. And be sure to check on them often, either by phone or without entering their room all the way, because they can take a turn for the worse very quickly."*
>
> **-Tammy Chang, M.D., M.P.H., M.S., Assistant Professor of Family Medicine at Michigan Medicine**[13]

If you live with someone who is sick and needs to isolate:

Do:

- **Help cover basic needs.** These needs might include helping the person who is sick follow their doctor's instructions for care and medicine or helping them with grocery shopping, filling prescriptions, and getting other items they may need.
- **Know the COVID-19 danger signs, and what to do if they happen.** If they have trouble breathing, chest pain or pressure, new confusion, bluish lips or face, or difficulty staying awake, **get medical care immediately**.
- **Protect yourself.** Protecting yourself includes making sure the person who is sick is isolating, and you or others with close contact are quarantining. You should also:
  - Wear a mask if you are in the same space as someone who is sick.
  - Wash your hands often.
  - Clean and disinfect "high-touch" surfaces and shared spaces. Note: The person who is sick should clean and disinfect after themselves. If this is not possible, wear a mask and wait as long as possible before coming in to clean.
- **Track your own health.** You should stay home and monitor your health for COVID-19 symptoms while caring for the person who is sick. You should continue to stay home for 14 days after your last close contact with the person who is sick (based on the time it takes to develop illness), or 14 days after the person who is sick meets the criteria to end home isolation (http://michmed.org/9alw0).

Don't:

- **Have visitors**, especially visits by people who are at higher risk for severe illness.
- **Share personal items.** Things like dishes, towels, and bedding should not be shared, even with family.
- **Be afraid to ask for help or moral support.** It's OK to let friends, neighbors and family know that someone you live with is sick, and to seek and accept their help while not letting them near the person who is sick.

[13] Gavin K. 14 Things to Do If Someone You Live With Has COVID-19. Mich Med. April 2020. https://healthblog.uofmhealth.org/wellness-prevention/14-things-to-do-if-someone-you-live-has-covid-19. Accessed December 3, 2020.

What should I do if I live with someone who has COVID-19?

For detailed instructions about caring for someone in isolation, please visit the following resources:

- CDC's "Caring for Someone Sick at Home" page: http://michmed.org/yO095
- "14 Things to Do If Someone You Live With Has COVID-19" by Kara Gavin, with tips for helping a family member or roommate cope with COVID-19 effects, while protecting yourself and others: http://michmed.org/L1zAr
- CDC's "Sick Parents and Caregivers" page: http://michmed.org/BvyBz

Washtenaw County's temporary shelter resources for COVID-19

Along with housing, the Health Department will provide:

- Three meals a day
- A thermometer and a mask
- Personal care items such as toothpaste, soap, and feminine hygiene products, if needed
- Clothing, if needed

You may qualify if:

- You have COVID-19 and, if you returned home, you would put a family member at risk for COVID-19
- You are homeless and have COVID-19 or are at-risk for COVID-19

For more information about temporary shelter for COVID-19 in Washtenaw County, visit: http://michmed.org/wO0vm

What should I do when I get my COVID-19 test results?

If you get a negative test result:[14]

If you test NEGATIVE, BUT still have symptoms of an illness:

- Stay home and away from others until at least 24 hours after symptoms are gone
- Call your doctor and ask if you should be tested again, or for another illness, if you continue to have COVID-19 symptoms.

If you test NEGATIVE and do not have symptoms, but were asked to quarantine by your local health department, continue to follow their instructions.

> **Remember:** you cannot test your way out of quarantine. It can take up to 14 days after exposure for an infection to develop, so you could end up testing positive later on. It's important to stay in quarantine for the full 14 days to prevent spreading COVID-19!

If you get a positive test result:[15]

Start isolating yourself right away, plus:

- **Answer your health department's call.** They will reach out to begin contact tracing. They can also answer your questions.
- **Tell your close contacts** so they can quarantine themselves.
- **Tell your employer you have COVID-19.** If you need an isolation or quarantine letter for your employer, email L-wchdcontact@washtenaw.org or call 734-544-6700 and leave a message. For more guidance, see:
    - State of Michigan Benefits for Workers: Visit http://michmed.org/axJ1Y for information about accessing employee benefits during COVID-19.
    - State of Michigan Employee Guidance: Visit http://michmed.org/dlY0X for general guidance about workplace safety, refusal to work, and unemployment assistance.
- **Watch for severe symptoms** or other health emergencies. If you need to call 911, let them know that you have COVID-19.
- **Detailed information on how and when to end isolation** is available here: http://michmed.org/9alw0

[14]Adapted from: State of Michigan. You Were Tested for COVD-19: Now What? https://www.michigan.gov/documents/coronavirus/Accessible_-_2020_MDHHS_COVID_Testing_PostTest_Flyer_June_B_FINAL_696360_7.pdf. Published 2020. Accessed December 3, 2020.

[15]Adapted from:
State of Michigan. You Were Tested for COVD-19: Now What? https://www.michigan.gov/documents/coronavirus/Accessible_-_2020_MDHHS_COVID_Testing_PostTest_Flyer_June_B_FINAL_696360_7.pdf. Published 2020. Accessed December 3, 2020.

Washtenaw County Health Department. If You Test Positive for COVID-19.; 2020. https://www.washtenaw.org/DocumentCenter/View/18539/If-you-test-positive-for-COVID-11-6-20-updated?fbclid=IwAR3ABfmQIt31X2bEpEj76yar0bDt_6kLKaNoVPx3Dzr0om-z_BTulZ96n6M. Accessed December 3, 2020.

Washtenaw County Health Department. What to do if You're Sick with COVID-19. https://www.washtenaw.org/3104/What-to-do-if-Youre-Sick. Published 2020. Accessed December 2, 2020.

Contact tracing[16]

To break the chain of infection, the Michigan Department of Health and Human Services is calling anyone who has been exposed. This is called **contact tracing** and it has been used to control the spread of diseases for decades. If you get a call from 866-806-3447, MI COVID HELP or your local health department **please answer** to protect your family, friends, neighbors and coworkers. Here is how it works:

- Your name will not be shared with anyone.
- You will never be asked for personal information like a Social Security number, driver's license, immigration status or credit card information.
- The contact tracer will ask how you are feeling and about people you were in contact with recently.

[16]Adapted from: State of Michigan. Coronavirus - Trace. https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99913---,00.html. Published 2020. Accessed December 3, 2020.

Where can I get additional help?

Quarantining or isolating can upset your work, finances, and health. If you need help with:

Employment

- **State of Michigan benefits for workers:** Visit http://michmed.org/axJ1Y for information about accessing employee benefits during COVID-19.

- **State of Michigan employee guidance:** Visit http://michmed.org/dlYoX for general guidance about workplace safety, refusal to work, and unemployment assistance.

Housing, food, finances, or healthcare

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

- **MI Bridges:** Visit https://www.michigan.gov/mibridges to apply for benefits, such as food assistance and health care coverage, and learn about resources in your community.

Mental health

- **Michigan Stay Well counseling:** Call 1-888-535-6136 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 other resources that can help you during quarantine and isolation, visit: http://michmed.org/YlbyZ

Additional COVID-19 Information

The following websites provide additional, accurate information about COVID-19:

- CDC's COVID-19 page: http://www.cdc.gov/coronavirus

- State of Michigan's COVID-19 page: http://www.michigan.gov/coronavirus

- Michigan Medicine's COVID-19 Updates page: https://www.uofmhealth.org/covid-19-update

- Michigan Medicine's COVID-19 Patient Education page: http://careguides.med.umich.edu/coronavirus

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Help improve these materials

Please help make these materials better for other patients and caregivers.

Share your feedback here (http://michmed.org/ZbVnd), or scan the QR code.

This Quality Assurance/Quality Improvement effort was reviewed under IRB-Med #HUM00190878 and determined not to require IRB approval (Not Regulated - non-research).