

General Population: COVID-19

Isolation and Exposure Guide

This updated guidance is specific to the general public and does not change the current guidance recommendations for congregate and healthcare settings.

If you test positive for COVID-19 (Isolation)

If you used a **home test kit**, follow instructions on your kit regarding additional testing.

You do not need to call the health department with your positive home test result. If your child tests positive, contact your school or day care to report it.

*Adults who test positive at a clinical laboratory may receive a text or email from the Midland County Dept. of Public Health with the phrase: "This message is being sent to you because of your recent COVID-19 test results. Please complete the following brief confidential health form (click provided link)." This is NOT a scam message and it is important you complete this health form. The message also includes isolation/quarantine guidance.

*If you have tested positive using an at-home test and would like to receive relevant, updated COVID-19 information and resources, text **Midland** to **1-855-706-1919**. Please be aware that by texting this number, you are agreeing to receive a text message from People.Health.

Everyone, regardless of vaccination status:

- Stay home for 5 days and **isolate away from others in your home.**

Learn more from the CDC [Isolation and Precautions for People with COVID-19](#)

- CDC recommends testing on days 5 and/or 6, prior to leaving isolation. If test(s) are positive, continue isolation through day 10.
- If a rapid antigen test is used, two negative tests, one on day 5 and one on day 6, is best.
- If you have no symptoms, or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a well-fitted mask, such as a KN95, around others for 5 additional days.
- If you have a fever, STAY HOME until you have been fever-free for 24 hours.
- Notify any of your close contacts. * Definition of a CLOSE CONTACT = within 6 feet of a COVID-19 positive individual for 15 minutes or more cumulative over 24 hours while individual is symptomatic or 48 hours prior to symptoms.

**Note: Day of positive test, symptom onset or exposure (last exposure if over multiple days) is day "0"*

If you were exposed to someone with COVID-19

Everyone, regardless of vaccination status:

- Wear a well-fitted mask around others for 10 days.
- It is recommended to test on day 5.
- If you develop symptoms, get a test, stay home, and follow the isolation guidance above.

**Note: Day of positive test, symptom onset or exposure (last exposure if over multiple days) is day "0"*