

COVID-19 TESTING

Information for People being tested
for or who have COVID-19



HEALTH
Department

updated March 25, 2020

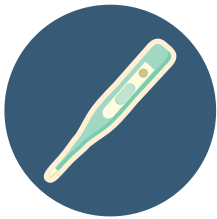
If you have been recently tested, call or email your local Health Department immediately.

Allegan County Health Department: 269-686-4546

COVID-19@ALLEGANCOUNTY.ORG

If you have been diagnosed with, tested for, or think you have COVID-19, you
MUST STAY AT HOME so you don't expose others to the virus.

KNOW THE SYMPTOMS OF COVID-19



Fever



Dry Cough

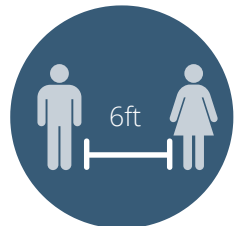


Shortness of Breath

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 TO PROTECT MY FAMILY AND FRIENDS?

- **You must stay at home until released by your Doctor or the Health Department!**
- Try to isolate yourself from other household members as much as possible
 - Sleep in a separate bedroom
 - Use a separate bathroom, if possible.
 - Wipe all surfaces you touched that will be touched by others with regular household cleaners.
 - Stay at least 6 feet away from other people.
 - **Note: If a separate bedroom/bathroom is used for the ill person, cleaning can be done as needed (e.g. soiled items and surfaces).**
- **Do not share household items** such as dishes, glasses, eating utensils, towels, etc. These items should be thoroughly washed after use, or use disposable items and discard in a trash bag after use.



HOW DO I CARE FOR THE PERSON WITH COVID-19?



- Seek medical care if your symptoms are worsening (e.g. you have difficulty breathing). Before going to the doctor, call and let them know you have or think you have COVID-19. If you have a medical emergency and need to call 911, tell dispatch that you have, or think you have, COVID-19.
 - If you have a facemask, put it on before coming in contact with healthcare personnel.



- Take care of yourself as you would with any other similar illness: Drink lots of fluids, eat healthy foods, get plenty of rest.
- Take fever reducing medications as needed, unless you have a medical reason why you cannot take these medications. (e.g. Tylenol® (acetaminophen), aspirin, Motrin® (Ibuprofen) or Aleve® (naproxen).

HOW CAN CAREGIVERS PROTECT THEMSELVES?

- Stay in another room or be separated from the ill person as much as possible.
 - If possible, have the ill person wear a mask when you are in the room.
 - Wear gloves, if available when caring for the ill person.
- Wash hands frequently with soap and water, for at least 20 seconds. Use hand sanitizer if need.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Wash laundry thoroughly.
- Family/friends can leave groceries and other necessary items on your doorstep to avoid exposure.

WHEN WILL YOU BE RELEASED FROM ISOLATION

- **If you are waiting for a COVID-19 test result:** Typically, you can resume normal activity as soon as you are informed by your doctor or the Health Department that your test result is negative (unless you have been exposed and are still in a 14 day quarantine window).
- **If you have COVID-19:** Do not resume normal activities until instructed to do so by the Health Department. Typically, you will need to be at least 72 hours fever free (without fever reducing medications), and at least 7 days have passed since symptoms (cough, shortness of breath) first appeared.

RESOURCES

If you need assistance (e.g. help getting groceries) while in home isolation, call **269-686-4546** or email **covid-19@allegancounty.org**.

For more information, visit www.michigan.gov/coronavirus or www.cdc.gov/coronavirus