

You Have COVID-19 with a Positive Test

Discharge Instructions for people returning home

You presented to Michigan Medicine with symptoms of a possible respiratory infection and/or concern for COVID-19. Your COVID-19 test is **positive**. We have notified the Department of Health of your county of residence, who may help you make further decisions about your care.

Most people who are ill with COVID-19 are able to recover at home.

How should I care for myself at home?

- **Remain in self-isolation.**
 - Leave home only if seeking medical care.
 - Do not go into the public and avoid transportation where others could be exposed to you before, during or after the trip.
 - Stay in a specific room at your home, away from other people and animals.
- **Care for yourself, monitor symptoms, seek help if needed.**
 - Continue supportive care with fluids, acetaminophen, or other over the counter medications.
 - Wash your hands often.
 - Call 911 or go to the local emergency department if emergency symptoms should develop.

Call Michigan Medicine at (734) 763-6336 for medical advice if you have:

- **Fever** (temperature) of more than 100.4 degrees Fahrenheit that has lasted longer than 5 days after discharge **and** any of the following:
 - Worsening cough

- New or worsening shortness of breath

Call your primary care provider if you have a cough or new or worsening shortness of breath for 7 days or more.

Seek medical attention immediately if you have any of the following emergency warning signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to arouse
- Bluish lips or face

Note: This list is not all-inclusive (there could be other symptoms). Please consult your medical provider for any other symptoms that are severe.

When can I leave self-isolation?

1. Stay home for 5 days.
 - After 5 days you can leave home if you have no symptoms, or if your symptoms are resolving.
 - Continue to wear a mask around others for 5 more days.
 - If you still have a fever or other symptoms after 5 days of isolation, continue to stay home until your fever resolves for 24 hours.

Note: People with compromised immune systems may need to isolate at home longer (up to 20 days) please consult with your healthcare provider.

What should I do if others have been in close contact with me?

If you haven't done so already, notify your close contacts that they may have been exposed. A **close contact** is:

Internal Medicine

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- Someone who has been within 6 feet of you for at least 15 total minutes with or without a face covering.
- Anyone you had physical contact with, such as hugging or sharing eating utensils or drinks.

Then they should:

- Watch for symptoms for 10 days after last contact with someone with COVID-19.
- Wear a mask around others for 10 days.
- **Test** on day 5, if possible.
 - If they **develop symptoms:** get a test and stay home

While receiving care at Michigan Medicine, isolation and quarantine timing may be different than those recently recommended by the CDC.

- Please contact your healthcare provider before a visit if you have either tested positive or have been exposed to COVID-19 within the last 3 weeks.
- All visitors and patients must wear masks in our healthcare facilities.

What about my school or employer’s recommendations?

- Be aware that schools and employers may have additional recommendations for isolation and quarantine that may differ from County to County.
- Contact your employer, school, or local Health Department for more information.

Where can I learn more?

These guidelines are updating rapidly. If you have additional questions about community guidelines, please contact your local health department:

- Click “Find Local COVID-19 Guidance” (CDC):
<http://www.cdc.gov/coronavirus>

- State of Michigan Coronavirus website at:
<http://www.michigan.gov/coronavirus>
- Red Cross plasma donations from recovered COVID-19 Patients at:
<https://tinyurl.com/vyz3vwa>
- Michigan Medicine Patient Education Page at:
<http://careguides.med.umich.edu/coronavirus>
- Michigan Medicine Coronavirus Updates page at:
<https://www.uofmhealth.org/covid-19-update>

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