I think I have been exposed to COVID-19, what should I do?

**Close Contacts**

- I live with or am caring for someone with COVID-19
  - You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.*

- Someone that has COVID-19 coughed or sneezed on me
  - You do not need to self quarantine, but it is a good idea to be vigilant and monitor yourself for symptoms.

- I think my coworker has COVID-19
  - Continue to monitor yourself for symptoms.

- I think someone I know has COVID-19
  - Contact your health care provider to discuss your symptoms.

**Have you developed symptoms of respiratory illness such as fever, cough, or shortness of breath?**

**YES**

- Are you having severe symptoms like difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish lips or face?
  - Seek immediate medical attention.

**NO**

- Continue to monitor yourself for symptoms.

**If your doctor decides you should be tested for COVID-19,**

your health care provider can order testing for you.

- Health care provider takes a sample
- Sample is sent to a laboratory for testing
- Laboratory sends result to health care provider
- Health care provider informs patient of result. The state health department will not provide results.

*Quarantine process for general public, does not specifically apply to health care workers.

**Michigan.gov/Coronavirus**

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