

# **COVID-19, Influenza, and Other Respiratory Viruses: When to Stay Home**

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## **I have COVID-19, influenza (flu), or a respiratory virus. What should I do?**

- Stay home and away from others until your symptoms have improved **and** you have not had a fever and are not using fever-reducing medications for 24 hours.
- If you never had symptoms but your test shows you have COVID-19, flu, or a respiratory virus, you may be contagious (you are at risk of spreading the virus to other people). For 5 days, take steps to prevent getting others sick. This includes covering your cough and sneezes, washing or sanitizing your hands, wearing a mask, and physically distancing from others.

## **I was exposed to COVID-19, influenza (flu), or a respiratory virus.**

### **What should I do?**

- Watch for symptoms for 10 days after you last had contact with a sick person. Think about wearing a mask in public during this time.
- If you were exposed to someone with COVID-19, try to test yourself 5 days after your last contact with the sick person.
- If you develop symptoms, stay home. If you were exposed to COVID-19, take an at-home COVID test. If you are at risk for severe illness from a respiratory virus, contact your primary care provider for more guidance on testing and treatment.

## **What if I'm currently getting care at Michigan Medicine?**

- The instructions above are different for people in a healthcare setting. While you're at Michigan Medicine, you may have different timing recommendations for **isolation** (keeping away from others when you are sick) and **quarantine** (staying away from others if you have been exposed to sickness).
- Please contact your healthcare provider before a visit to Michigan Medicine if you have either tested positive for COVID **or** if you have been exposed to COVID-19 in the last 21 days (3 weeks).  
All visitors and patients with fever, cough, or rash must wear masks in our healthcare facilities.

## **What about my school or employer's recommendations?**

- Please be aware that schools and employers may have other recommendations for isolation and quarantine. These may be different from county to county.
- Contact your employer, school, or local health department for more information.

**These guidelines may be changed quickly and often. If you have more questions about community guidelines, please contact your local health department.**

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Adapted from: [COVID-19 Quarantine and Isolation](#) | CDC. Access at: [www.CDC.gov](http://www.CDC.gov)

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