

# COVID-19 When to Stay Home

I have been exposed to COVID-19	I have COVID-19
<b>Self-monitor</b>	<b>Self-isolate:</b>
<ul style="list-style-type: none"> <li>➔ Watch for symptoms for 10 days after last contact with someone with COVID-19</li> <li>➔ Wear a mask around others for 10 days.</li> <li>➔ Test on day 5, if possible.</li> </ul> <p>If you develop symptoms get a test and stay home.</p>	<ul style="list-style-type: none"> <li>➔ Stay home for 5 days*.             <ul style="list-style-type: none"> <li>○ If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house*.</li> </ul> </li> <li>➔ Continue to wear a mask around others for 5 additional days.</li> </ul> <p>If you continue to have a fever or other symptoms after 5 days of isolation, continue to stay home until your fever resolves for 24 hours.</p> <p>*People with compromised immune systems may need to isolate at home longer (up to 20 days) please consult with your healthcare provider</p>

## **Healthcare at Michigan Medicine:**

- The changes above do not apply to people receiving care in a healthcare setting. 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 21 days.
- All visitors and patients must wear masks in our healthcare facilities.

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

- Please 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.

## **Additional Recommendations:**

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

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Adapted from: [COVID-19 Quarantine and Isolation](#) | CDC. Access at: <https://www.cdc.gov> Patient

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