

Steps to help prevent the spread of COVID-19 if you HAVE BEEN EXPOSED

Follow the steps below: If you have been exposed to someone with COVID-19 or have traveled to an area with high spread of COVID-19, you will be required to stay home for 14 day to be sure you do not get sick. This is called self-quarantine. During this time, your local health department may check on you and ask you to monitor your symptoms and your temperature.

It is very important that you follow these instructions to help stop the spread of illness.

If you get symptoms of COVID-19 but do not need emergency care, call the MDHHS Patient COVID-19 Hotline at **888-535-6136** for assistance coordinating care. You can also call your healthcare provider, urgent care, or other healthcare facility to arrange care.

231-935-0951 | Munson Hotline
616-391-2380 | Spectrum Hotline
231-672-4376 | Mercy Hotline

Symptoms of COVID-19 are:

- Fever
- Cough (with or without sputum/mucus production)
- Shortness of breath
- Fatigue, sore throat, aches and pains, and headache are experienced by some



If you develop emergency warning signs for COVID-19, get medical attention immediately.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

***This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.**

*** CALL FIRST and notify the emergency department or let 9-1-1 know you have or think you have COVID-19 prior to arriving**

STEPS TO FOLLOW FOR THE 14 DAYS FOLLOWING YOUR EXPOSURE TO COVID-19:

CRAWFORD COUNTY
501 Norway Street
Suite #1
Grayling, MI 49738
(989) 348-7800

KALKASKA COUNTY
625 Courthouse Drive
Kalkaska, MI 49646
(231) 258-8669

LAKE COUNTY
5681 S. M-37
Baldwin, MI 49304
(231) 745-4663

MANISTEE COUNTY
385 Third Street
Manistee, MI 49660
(231) 723-3595

MASON COUNTY
916 Diana Street
Ludington, MI 49431
(231) 845-7381

MECOSTA COUNTY
14485 Northland Drive
Big Rapids, MI 49307
(231) 592-0130

MISSAUKEE COUNTY
6180 W. Sanborn Road
Suite #1
Lake City, MI 49651
(231) 839-7167

NEWAYGO COUNTY
PO Box 850
1049 Newell Street
White Cloud, MI 49349
(231) 689-7300

OCEANA COUNTY
3986 N. Oceana Drive
Hart, MI 49420
(231) 873-2193

WEXFORD COUNTY
521 Cobb Street
Cadillac, MI 49601
(231) 775-9942



www.dhd10.org



healthdept10



Stay home except to get medical care

- **Stay home:** Do not go to work, school, other public places, or use public transportation except to get medical care **FOR FOURTEEN (14) DAYS.**
- **Take your temperature:** Take your temperature every morning and every evening. If you have a fever, which is a temperature of 100.4° F or more, contact the MDHHS Patient COVID-19 Hotline at **888-535-6136** or your healthcare provider right away.
- **Watch for symptoms:** If you develop symptoms such as fever, cough, or shortness of breath, call your local health department for assistance coordinating care. You can also call your healthcare provider, urgent care, or other healthcare facility to arrange care.
- **If you need assistance** (such as help getting groceries or picking up medication) while in home quarantine, and do not have family or friends that can help, your health department at 1-888-217-3904 ext 3 (after hours call 2-1-1).



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue or bend of your elbow when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Information for those living with or close to you

- **No restrictions:** Your household members and those that have had contact with you, referred to as “contacts of contacts” do not have any restrictions or special recommendations at this time. If you become ill with COVID-19, however, your close contacts will need to be under quarantine for 14 days, as they will then be considered contact.

If you have any questions regarding the end of your isolation, call your healthcare provider or your local health department.

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