

# When is it safe to leave home

if you have symptoms of COVID-19 or live with someone who does?

CONTAIN COVID

TEST. TRACE. PROTECT.

MICHIGAN.GOV/CONTAINCOVID

**Employers can't retaliate against workers for taking time away from work under these circumstances, but you must notify your employer.**

If necessary, file a complaint with MIOSHA. Learn more at [Michigan.gov/MIOSHAcomplaint](https://Michigan.gov/MIOSHAcomplaint).

## For Me (Home Isolation)

I have been diagnosed with COVID-19.

I have developed one or more symptoms of COVID-19.

Begin home isolation for **10 days**.

After **10 days**, you may end home isolation if you meet these criteria:

- Have not had a fever for at least **24 hours, without the use of fever-reducing medication.**  
— AND —
- Other symptoms, like cough or shortness of breath, **have improved.**

## Close Contacts (Quarantine)

I live with someone diagnosed with COVID-19.

I live with someone who has developed one or more symptoms of COVID-19.

Begin home quarantine for **14 days**.  
**Monitor yourself for symptoms.**

You may end home quarantine if you **remain free of symptoms after 14 days.**

### How do I monitor myself?



Check your temperature twice a day and look for common symptoms like:

- **Fever**
- **Cough**
- **Shortness of breath**

For a full list of symptoms, visit [bit.ly/2xQkl60](https://bit.ly/2xQkl60). If you are concerned about your health or have developed symptoms, contact your health care provider or urgent care.



### Should I wear a face covering?

If you must leave home, every person regardless of health, should cover their nose and mouth with a homemade mask, scarf, bandana or handkerchief, especially when a 6-foot distance is difficult to maintain.

\* **People with conditions that weaken their immune system might need to stay home longer than 10 days.** Always follow the advice of your healthcare provider. All processes on this chart are for the general public. They do not specifically apply to workers at a health-care facility, first responders and prison employees.