

YOU WERE TESTED FOR COVID-19

NOW WHAT?*

WHILE YOU WAIT for your COVID-19 results, protect your family, friends and community:

DO:



Stay in a specific sick room, like a bedroom, away from others in your home.



Wear a well-fitting mask. Make sure it covers your nose and mouth. Remember to stay 6 feet away from people and pets. People who are near you should also wear a well-fitting mask.



Use meal or grocery delivery services when possible or ask family and friends for help.



Clean and disinfect things you touch, like light switches, doorknobs, tables and remotes.



Wash your hands often. Use soap and water for at least 20 seconds. If you do not have soap and water, use hand sanitizer with at least 60% alcohol.



Cover cough and sneezes. Cough or sneeze into your elbow or a tissue, then wash your hands.



Consider people living with you. If you live with someone with health conditions, think about whether there are other places you can stay while you get well.

DON'T:



Don't leave home, unless you need medical care.



Don't share personal items. Things like dishes, towels, and bedding should not be shared, even with family.



Don't use public transportation, if you have another choice.

Help is here for you!

Michigan 2-1-1: Visit mi211.org or dial 2-1-1 to connect with resources in your local community, like housing and financial assistance.

MI Bridges: Go to Michigan.gov/MIbridges today to apply for benefits, such as food assistance and health care coverage, and learn about resources in your community.

Michigan Stay Well Counseling: Call 1-888-535-6136 and press "8" to talk with a Michigan Stay Well counselor or visit Michigan.gov/StayWell for more information. Counseling is free, confidential, and available 24/7.

If your COVID-19 test result is POSITIVE, continue to follow the same steps to protect others PLUS:



Tell others you had contact with that they may have been exposed to COVID-19. You could use a tool like MI COVID Alert or tellyourcontacts.org.



See if you are eligible for COVID-19 treatment. Visit Michigan.gov/COVIDtherapy for eligibility and more information.



If you used an at-home test, visit Michigan.gov/CoronavirusTest for additional directions.



Answer your health department's call. You may receive a call. They can also answer your questions.



Watch for severe symptoms or other health emergencies. If you need to call 911, let them know that you have COVID-19.



Stay home for five days. If your symptoms are gone after five days or you still have no symptoms five days after test date, you may end isolation. You can leave your home, but must continue to wear a mask for an additional five days. Symptoms may be improving if the following is true:

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

If you test NEGATIVE, BUT still have symptoms of an illness:



Stay home and away from others. Until at least 24 hours after symptoms are improved.



Call your doctor. Ask if you should be tested again, or for another illness, if you continue to have symptoms of COVID-19.

Contact Tracing: What to tell others you have been around

- **Personal & Household Contacts:** Monitor for symptoms for 10 days, test at least one time if possible 3-7 days after exposure and if symptoms develop, wear a well-fitting mask for 10 days from last exposure, and avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from last exposure.
- **Other contacts (community, social, and work settings):** Monitor for symptoms for 10 days and test if symptoms develop. Consider wearing a well-fitting mask around others for 10 days from date of last exposure. At minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.
- **If you develop symptoms**, isolate and get tested right away. You can contact your doctor, visit Michigan.gov/CoronavirusTest to find a testing site, or purchase an at-home test.

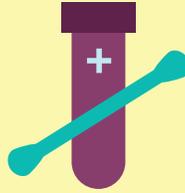
For more information, visit Michigan.gov/ContainCOVID.

*This guidance does not apply to health care workers or first responders.

IF YOU TEST POSITIVE FOR COVID-19



We ask everyone to notify others they had contact with and follow these steps to help stop the spread.



DID YOU TAKE YOUR COVID-19 TEST AT HOME?

Visit Michigan.gov/COVIDTest for more information about at-home testing.

ISOLATE RIGHT AWAY.

Isolation keeps someone who is infected with the virus away from others, even in their home. If you get a positive test result, tell others you have been around so they know what steps they should take (see quarantine instructions below). If you downloaded the MI COVID Alert phone app, call 211 to get your PIN and anonymously alert close contacts. You can also use tellyourcontacts.org

If your child tests positive, notify their school.

There are treatment options for people diagnosed with COVID-19. Visit Michigan.gov/COVIDTherapy or talk to your doctor to learn more.

IMMEDIATELY NOTIFY OTHERS YOU WERE AROUND.

Notify those you had contact with during the time you were contagious. Prioritize notification of individuals who are personal/household contacts and immunocompromised or high-risk individuals.

Contagious: You can be contagious two days before symptoms appear (or two days before test date if positive and no symptoms), through the end of the isolation period.

IF YOU ARE ABLE TO PROPERLY WEAR A MASK COVERING YOUR NOSE AND MOUTH, YOU CAN RESUME NORMAL ACTIVITIES WHEN...

It has been five days since symptoms began or, if you don't have symptoms, five days since your positive test date. If you resume activities after day five, you must continue to wear a mask for an additional five days. If you are unable to wear a mask around others, even in your home, you should wait 10 days before resuming activities.

AND

You have been fever-free for 24 hours without taking fever-reducing medication.

AND

Other symptoms, like cough or shortness of breath, have improved.

Questions? Dial 211 or call the MI COVID Hotline at 888-535-6136.

HOW TO KEEP YOUR CONTACTS HEALTHY

Personal & Household Contacts: Monitor for symptoms for 10 days, test at least one time if possible 3-7 days after exposure and if symptoms develop, wear a well-fitting mask for 10 days from last exposure, and avoid unmasked activities or activities with higher risk of exposing vulnerable individuals for 10 days from last exposure.

Other contacts (community, social, and work settings): Monitor for symptoms for 10 days and test if symptoms develop. Consider wearing a well-fitting mask around others for 10 days from date of last exposure. At minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.

If you develop symptoms, isolate and get tested right away. You can contact your doctor, visit Michigan.gov/CoronavirusTest to find a testing site, or purchase an at-home test.



NAVIGATION

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GENERAL INFORMATION

Additional information is available at [Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

What is COVID-19?

COVID-19 is an illness caused by a relatively new respiratory virus (SARS-CoV-2). In December 2019, the virus began circulating in humans.

What are the symptoms of COVID-19?

Symptoms may appear two to 14 days after exposure to the virus. Common symptoms are:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

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

If I have had COVID-19, can I get it again?

Persons with SARS-CoV-2 antibodies (those who have had COVID-19) may have some short-term protection immediately following an infection, but this varies from person to person. Reinfection is possible for persons due to lack of immunity, which could happen for a number of reasons including waning immunity or infection with a new variant of the virus that is different from the original infection. Re-infected individuals could have a similar capacity to transmit virus as those infected for the first time.

Are some people at greater risk for becoming seriously ill from COVID-19?

COVID-19 is a relatively new disease and there is limited information regarding risk factors for severe disease. Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- [People aged 65 years and older](#)
- Pregnant and recently pregnant people
- People of all ages with underlying [medical conditions](#), particularly if not well controlled, including:
 - Cancer, chronic kidney disease, chronic lung diseases, including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension, dementia or other neurological conditions, diabetes (type 1 or type 2), down syndrome heart conditions (such as heart failure, coronary artery disease, cardiomyopathies, hypertension), HIV infection, immunocompromised state (weakened immune system), liver disease, overweight and obesity, pregnancy, sickle cell disease or thalassemia, smoking, current or former, solid organ or blood stem cell transplant, stroke or cerebrovascular disease, which affects blood flow to the brain, substance use disorders.

It is important to remember that stigma and discrimination occur when people associate an infectious disease, such as COVID-19, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities or racial backgrounds.

The pandemic is making me anxious, stressed or depressed. Is there help for my mental health?

A lot of people are feeling anxious, stressed or depressed because of the pandemic – even people who have never worried about their mental health in the past. This is normal and there are resources to help:

- Call 2-1-1 to find resources in your local community.
- Everyone in Michigan is invited to use Headspace – free of charge at [Headspace.com/Michigan](https://www.headspace.com/michigan)
- For people with existing mental health conditions who need extra support right now, call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753, 10 a.m. to 2 a.m. daily.
- Michigan Stay Well Counseling Line: Call 1-888-535-6136 and press '8'
- National Disaster Distress Helpline: Call 1-800-985-5990 or text "TalkWithUs" to 66746
- National Suicide Prevention Lifeline: Call 1-800-273-8255 or text "TALK" to 741741

HOW THE VIRUS SPREADS

Additional information is available at Michigan.gov/Coronavirus

How does COVID-19 spread?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected. COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

Can the aerosolization of cleaning and disinfection products spread COVID-19?

There are no studies that indicate whether utilization of aerosol products will spread the virus.

Can I get COVID-19 from a mosquito or tick bite?

There is no data to suggest that COVID-19 can be spread through a mosquito or tick bite.

Can the virus that causes COVID-19 spread through drinking water?

The virus that causes COVID-19 has not been detected in drinking water. Conventional water treatment methods that use filtration and disinfection, such as those in most municipal drinking water systems, should remove or inactivate the virus that causes COVID-19.

Can someone spread the virus without being sick?

It's possible for people to spread the virus for about two days before experiencing signs or symptoms and many remain contagious for at least 5-10 days after signs or symptoms first appeared. If someone is asymptomatic or their symptoms go away, it's possible to remain contagious for at least 5-10 days after testing positive for COVID-19. It is important to wear a well-fitting mask around others for the full 10 days after your symptoms start or if you don't have symptoms, for 10 days after your positive test. Day 0 is the day you start having symptoms, or if you don't have symptoms, the day of your positive test.

Does the coronavirus live on surfaces?

Early in the pandemic there was concern about surface transmission. However, latest research suggests that this is unlikely to be a major route of transmission. Although SARS-CoV-2 can persist for days on inanimate surfaces, attempts to culture the virus from these surfaces were unsuccessful.

Can my pet get COVID-19? Can they give it to me?

A small number of pets worldwide, including cats and dogs, have been reported to be infected with the virus that causes COVID-19, mostly after close contact with people with COVID-19.

- Based on the information available to date, the risk of animals spreading COVID-19 to people is considered to be low.
- The virus that causes COVID-19 can spread from people to animals including pets in some situations, mostly during close contact.
- If you are sick with COVID-19 (either suspected or confirmed by a test), restrict contact with your pets and other animals, just like you would around other people.

HOW TO PROTECT AGAINST ILLNESS

Additional information is available at Michigan.gov/ContainCOVID

How can I protect myself from getting COVID-19?

The best protection against COVID-19 is vaccination.

There are steps you can take that will also help prevent COVID-19, including:

- Stay up to date with your COVID-19 vaccine and booster. Some people, like those who are moderately or severely immunocompromised, are recommended to get an additional primary dose. Find out if you're up to date with your COVID-19 vaccinations at Michigan.gov/COVIDvaccineUpToDate.
- Wearing a well-fitting mask is a proven strategy to reduce your exposure to the virus. See the [Mask Guidance](#) for more information about when you should mask.
- Wash your hands with soap and water.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your health care provider.
- Keep at least 6 feet away from one another to the maximum extent possible.
- Frequently clean and disinfect high-touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If you are traveling, follow the CDC's guidance at CDC.gov/Travel.

Should I wear a mask to protect myself?

Current masking recommendations are available in [Updated Masking Guidance for Michiganders](#).

There are some situations when you should wear a mask around others:

- While in COVID-19 isolation or quarantine.
- When in high-risk congregate settings (such as long-term care and health care facilities, jails, correctional facilities, and shelters).
- When local masking guidance, policies and/or orders from local health departments, organizations, businesses, event organizers and/or school districts requires masking.

You may also **choose** to wear a mask even if you do not fit into the above categories. Your reasons for choosing a mask may be related to your health, the health of those around you, the level of risk you are

willing to tolerate, or a sense of consideration for those around you who may be vulnerable. MDHHS supports those who wish to continue masking whatever their reasons may be.

MDHHS has provided [guidance for understanding your personal and household risk](#).

How should I clean my home to prevent the spread of COVID-19?

[Clean and disinfect](#) frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks. If surfaces are dirty, clean them. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Please remember to:

- Use EPA registered cleaners that you would normally use in these areas. Most EPA registered household disinfectants should be effective. A full list of disinfectants can be found [here](#).
- Read and follow product labels for safe use. More is not always better!
- Keep all cleaning products locked away from children.
- Never mix bleach (chlorine) products with other chemicals. This can create toxic fumes.
- **In the event of a poison emergency**, contact the Michigan Poison Center at 800-2221222. If someone is unconscious or has trouble breathing, call 911 immediately.

THERAPIES TO TREAT COVID-19

Additional information is available at Michigan.gov/COVIDTherapy

There are treatment options for people who are at high-risk of severe illness from COVID-19. Learn more about the treatment options on the [State of Michigan's COVID-19 Therapeutics page](#). COVID-19 treatment options are available for high-risk adults and children, including newborns, to reduce the risk of becoming seriously ill. **Vaccinations** remain the best way to protect a person from COVID, and are a preventative measure to reduce severity of illness and risk of hospitalization or, even, death.

Monoclonal antibodies

Monoclonal antibodies are laboratory-produced molecules engineered to serve as substitute antibodies that can restore, enhance or mimic the immune system's attack on cells. Monoclonal antibodies are designed to block viral attachment and entry into human cells, thus neutralizing the virus. It is important to talk to your doctor about therapeutics as soon as you get sick, as there is a small window in which they must be administered to be effective.

- **COVID-19 Treatment**

Monoclonal antibody treatment is for people who have tested positive for COVID-19 and have mild to moderate symptoms. When administered to non-hospitalized patients as soon as possible after testing positive for COVID-19 and within 7 days of symptom onset, monoclonal antibody therapy may reduce symptoms and risk of hospitalizations and emergency room visits associated with COVID-19.

- **Post-exposure prophylaxis**

Some monoclonal antibody therapies can be used to help prevent illness after being exposed to COVID-19 for those who are moderately or severely immunocompromised.

Talk to your doctor about whether you should get antibody treatment and where to get it. Providers or patients needing assistance locating an infusion site or connecting with a clinical trial, call the Monoclonal Antibody Therapy Call Center: English: 877-332-6585 | Spanish: 877-366-0310

Antiviral medications

Antiviral medications may help you recover from COVID-19 faster or prevent you from becoming seriously ill. The medication can boost the immune system, helping it fight off COVID-19 infection. Antivirals are prescribed after a person has tested positive for COVID-19 and within 5 days of symptom onset.

VACCINES

Additional information is available at Michigan.gov/COVIDVaccine

All Michiganders age 5 years and older are eligible to be vaccinated.

All Michiganders age 12 years and older are eligible to receive a booster dose.

How can I get vaccinated to protect myself from COVID-19?

All Michiganders aged 5 years and older are eligible to be vaccinated. Please visit Michigan.gov/COVIDvaccine for the latest information about vaccination including:

- [How to make an appointment](#) for vaccination
- [Frequently Asked Questions](#)

Everyone is encouraged to stay up to date with their COVID-19 vaccinations, including additional doses for individuals who are immunocompromised and booster doses. Find out if you're up to date with your COVID-19 vaccinations at Michigan.gov/COVIDvaccineUpToDate.

After being vaccinated for COVID-19, how long before I will be protected?

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and still get sick. This is because the vaccine has not had enough time to provide protection. People are considered fully vaccinated:

- 14 days after the second dose if given a two-dose vaccine (Pfizer, Moderna).
- 14 days after the one dose if given a one dose vaccine (Johnson & Johnson).

At this time, a booster dose is not required to be considered "fully vaccinated", but is recommended to be **up to date**. Booster doses help provide better protection from severe illness. Find out if you're up to date with your COVID-19 vaccinations at Michigan.gov/COVIDvaccineUpToDate.

Some activities are safer than others – even after being fully vaccinated. Individuals, especially those who are immunocompromised, [should weigh their personal and household risk for COVID-19](#).

Are individuals who were vaccinated as part of a clinical trial considered fully vaccinated?

Individuals who received a full series of an active COVID-19 vaccine are considered fully vaccinated two weeks after completing the series **if** the vaccine is listed for emergency use by the World Health Organization **or** if vaccine efficacy has been independently confirmed (e.g., by a data and safety monitoring board).

- Currently the AstraZeneca COVID-19 vaccine and the Novavax COVID-19 vaccine meet the criteria.
- Individuals who received a placebo or are not two weeks out from completing the series are not fully vaccinated.

Can I be vaccinated if I have been quarantined or isolated for suspected or confirmed COVID-19?

In general, people scheduled for COVID-19 vaccine who are exposed to SARS-CoV-2 virus (COVID-19 illness) and quarantined should reschedule vaccination after their quarantine period has ended in order to avoid the risk of exposing vaccinators to the virus. People diagnosed with SARS-CoV-2 infection (COVID-19 illness) before a scheduled vaccination should wait to be vaccinated until after recovery and the end of the isolation period to avoid the risk of exposing vaccinators to the virus.

Do I have to get the same vaccine type for my booster as I did for my initial vaccine?

No. You may choose which COVID-19 vaccine to receive for your booster dose. It is preferred to receive a Pfizer or Moderna over Johnson & Johnson for the primary series and booster doses. Individuals ages 5 through 17 years old may only receive the Pfizer booster. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. The CDC recommendation allows for mixing and matching of booster shots, meaning the booster doesn't have to be the same type of COVID-19 vaccine as your primary series. Discuss the benefits and risks of each product with your health care provider if you are unsure of which booster to get.

VARIANTS OF CONCERN

Additional information is available on the [CDC's New Variants Web Page](#)

What are variants of concern?

Viruses change through mutation, and new variants of a virus are expected to occur over time. The virus that causes COVID-19 (called SARS-CoV-2) is known to acquire, on average, one new mutation every two weeks.

How can I protect myself against new variants?

Actions that prevent the spread of COVID-19 will also prevent the spread of its new variants. Learn more about [how to protect yourself and others](#).

Can I get tested for variants of the virus that causes COVID-19?

Currently, all COVID-19 diagnostic tests can detect all variants, but they will not tell you which variant you have. If you test positive for COVID-19, your sample may be sent to a lab for sequencing to determine which variant is present.

How are new variants identified?

The MDHHS Bureau of Laboratories (BOL) conducts surveillance to quickly identify any variants of concern. The MDHHS BOL looks for variants among people who test positive for COVID-19. CDC is contracting with large commercial diagnostic labs to sequence samples across the United States. Other academic centers also conduct sequencing to identify variants.

TESTING FOR THE VIRUS

Additional information is available on the [Michigan.gov/CoronavirusTest](https://www.michigan.gov/CoronavirusTest)

Information about home testing in [Public Guidance for At-Home COVID Testing](#)

What do I do if I think I need to be tested for COVID-19?

Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Look for a testing site using the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 (press option 2) for help finding a site near you.

When will I get my test results?

Test result time varies based on which test you took and which lab performed the test. When you get tested, ask the health care provider or test site team how long it may take and how you will get your results. **Your health care provider or test site medical team will provide you with your results.** Due to privacy laws, laboratories, including the state lab (MDHHS Bureau of Laboratories), will not be able to provide you with results over the phone, even if the test is conducted there. **If your symptoms get worse while you are waiting for results, contact your health care provider.**

How will I get my test results?

Your health care provider or the test site medical team will provide your results to you. Make sure to ask how you will receive your results when you get tested.

Can I take a COVID-19 test at home?

Yes. There are home test kits available over the counter, but your doctor, school or employer may ask you to take an additional test to confirm your test result. Follow instructions in the [At Home Testing Guidelines for the Public](#).

- If you test **positive**, it is important that you take steps right away to protect family, friends, coworkers, and others around you – like calling people you may have exposed, staying home and wearing a well-fitting mask. You may qualify for COVID-19 treatments that could reduce the risk of severe disease.
- A **negative** self-test result means that the test did not detect the COVID-19 virus and you may not have an infection, but it does not rule out a COVID-19 infection. Repeating the test within a few days, with at least 24 hours between tests, will increase the confidence that you are not infected. If you tested while you had symptoms and followed instructions carefully, a negative result means your current illness is probably not COVID-19.
- Use an [FDA authorized At-Home Over the Counter test](#).

I heard I don't need a prescription to be tested?

In Michigan, we want anyone who needs a test to get one. Testing is available across the state. Most people are eligible to be tested for COVID-19, even if they don't have symptoms.

What do I do if I am sick and do not have a health care provider?

You can seek treatment at an urgent care facility. To get tested, you can find a testing site with the [Testing Site Look Up Tool](#) or call the COVID-19 hotline at 888-535-6136 for help finding a site near you.

How is a sample collected to test for COVID-19?

There are several [tests](#) and collection methods authorized by the FDA. Most tests use a nasopharyngeal, nasal, nasal swab, throat swab, or saliva test to collect the sample. In some situations, samples can be self-collected to reduce exposure to the health care workers supervising the collection. In other situations, a health care worker may take the sample for you in your vehicle or in an office. With any method, workers wear personal protective equipment PPE to protect themselves from exposure.

I had a rapid test and was instructed to be tested again even though the result was negative.

What does this mean?

All COVID-19 tests, rapid or other, may require follow up testing. For example, if your virus level was low (this can be the case very early into your illness) the test may not be able to detect the virus. Follow the instructions of your doctor or test administrator to stay healthy – even if that means taking second test.

Do the COVID-19 tests ever produce false negatives?

Yes, sometimes. It is possible to receive a false negative test result – or to be too early in your illness for the test to be able to detect a positive. If you receive a negative test result and continue to have symptoms or are otherwise concerned about your health, call your doctor to consider being retested or to be tested for another illness.

What is antibody testing and how can I be tested?

Antibody testing is different than diagnostic testing for COVID-19. Antibodies can be found in the blood and in other tissues days or weeks **after** being infected with a virus. This can be useful to understand how illness affects the population as a whole, but it cannot be used to diagnose individuals or predict whether you may be protected from a future COVID-19 infection.

What we know:

- The FDA has authorized several antibody tests. There are also several tests on the market that have not been authorized.
- There are places in Michigan offering antibody testing, but there is no information about which test is being used, or if they may be using an unapproved test.
- An antibody test cannot help your doctor decide how to treat you or if it safe to return to work.

What we don't know:

- How good the current antibody tests are at detecting COVID-19 in individuals.
- If detection of antibodies means you have had COVID-19, or if it will detect other coronaviruses (like the common cold) that you may have had in the past.
- If detection of antibodies means you can still spread COVID-19.
- If detection of antibodies means you are immune to COVID-19.

If you have symptoms of COVID-19, like cough, fever and shortness of breath, you should contact your doctor and seek testing for COVID-19. Diagnostic testing for COVID-19 can ensure you get the right medical treatment, unlike antibody testing. You can find antibody testing sites at [Michigan.gov/CoronavirusTest](https://www.michigan.gov/CoronavirusTest). If you choose to get tested, please understand the limitations of antibody testing and continue to protect yourself regardless of the result.

ISOLATION AND QUARANTINE

Additional information is available at [Michigan.gov/ContainCOVID](https://www.michigan.gov/ContainCOVID)

If I am exposed to the virus, how long do I have to quarantine?

If you are exposed to someone who is positive for COVID-19 and:

Exposure is to a **personal/household contact**:

- Conduct symptom monitoring for 10 days; and
- Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
- Wear a well-fitting mask for 10 days from the date of last exposure to protect others (home quarantine is an alternative for those who are unable or unwilling to mask); and
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals** for 10 days from the date of last exposure

Exposure is to **other type of contact** (from a community, social or work setting):

- Conduct symptom monitoring for 10 days; and
- Test if symptoms develop; and
- Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others. At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals.

****Activities with higher risk of exposing vulnerable individuals** may include activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregate settings.

Who is considered a personal/household contact?

Personal/household contacts include individuals you share living spaces with, including bedrooms, bathrooms, living rooms and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...). This would include exposure in childcare settings for those under 2 years of age.

Should I get tested if I have to quarantine after being exposed to COVID-19?

If exposure is to a personal/household contact, test at least one time 3-7 days after exposure, if possible. If you develop symptoms, you should get tested.

What will happen if the local health department contacts me about COVID-19?

As public health capacity allows, local health departments may contact Michiganders who have tested positive and their contacts to check on health status, provide information about COVID-19, help identify needed services, and track the spread of infection in your community. They need to speak with the person directly impacted by COVID-19. If that person is not available, they may ask to speak to a spouse, parent or other trusted person.

Please also be on alert for scammers spoofing numbers from the local health departments (it appears as if the caller is calling from a recognizable number to encourage you to pick up the phone). MDHHS wants you to be aware that legitimate calls from the local health departments will **not**:

- Ask for personal financial information such as a social security number or driver’s license number.
- Offer medication for prevention of COVID-19.
- Ask for Medicaid or other insurance information for billing purposes.

How do I monitor myself for symptoms?

Screen yourself for symptoms of respiratory illness. If you develop symptoms and are concerned about your health, immediately isolate from others and contact your health care provider or get tested.

I have COVID-19 and have been isolating. When is it safe for me to leave my home?

Any individuals who tests positive for COVID-19 and/or displays [COVID-19 symptoms](#) (without an alternate diagnosis or negative COVID-19 test) should isolate regardless of vaccination status:

- Isolate at home for the first 5 days (starting with the day after symptoms began or day after test was taken for those without symptoms); and
- If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask for the next 5 days to protect others.

AND

- If individual has a fever, stay home until fever free for a period of 24 hours without the use of fever reducing medications before returning to normal activities while wearing a well-fitted mask, until the 10-day period is complete.

OR

- Isolate at home for 10 days if unwilling/unable to wear a mask.

Individuals who test positive for COVID-19 should also notify others whom they had contact with during the time they were contagious (beginning 2 days before symptoms started or testing positive if no symptoms are present). Prioritize notifying individuals who are personal/household contacts and immunocompromised or high-risk individuals.

Someone in my household was exposed (as a personal/household contact) to someone who tested positive for COVID-19. What should I do?

That exposed person in the household should follow quarantine guidance for a personal/household contact and appropriate precautions for cleaning, hand hygiene, and respiratory etiquette. If you receive any instructions from that person's employer or the local health department, follow them carefully. Others in the home are not required to quarantine. If anyone in the home experiences symptoms, isolate and get tested immediately.

EMPLOYMENT

Additional information about the workplace safety guidelines is available at Michigan.gov/LEO

Can my employer require me to bring a doctor's note (or negative test result) to return to work after I have been sick?

In Michigan, employers are not required to demand a doctor's note for employees to return to work following illness. If your employer requests a doctor's note, we encourage you to first work towards a resolution with your employer. If you are unable to resolve the issue, contact Michigan's Wage and Hour Division of Employment Relations at 517-284-7800. Learn more about [workplace safety during COVID-19](#).

Does the State of Michigan require health care providers to have patients tested for COVID-19 prior to performing a surgery/procedure?

No. There is no State requirement for patient testing prior to a procedure, but people undergoing surgery are eligible for testing before a surgery or procedure. Hospitals and health care facilities may have their own rules for testing prior to medical procedures.

Health care providers use professional judgement to determine whether or not testing is reasonable prior to a procedure. If you have a procedure scheduled, you should contact your doctor if you have questions about your procedure, including any potential testing.

I have an employee who was diagnosed with COVID-19? What should I do next?

You should let your employees know that they may have been exposed to COVID-19. Do not identify the person with COVID-19. Make sure your employees are advised of the [signs and symptoms of COVID-19](#) and to stay home and get tested if they show symptoms of COVID-19.

- Employers should know the relevant laws and guidance for reopening their business.
- Employees (non-health care) who have symptoms of COVID-19 or have been diagnosed with COVID-19 should not return to work until [release from isolation criteria is met](#).

Do I need to close my business if someone that works here is diagnosed with COVID19?

Not necessarily. You should immediately close the area where the employee worked and perform a thorough cleaning (wait 24 hours before cleaning or as long as possible):

- Clean all frequently touched surfaces including workstations, countertops, doorknobs, and elevator buttons.
- Use cleaning agents that are usually used per your industry standards and follow the directions on the label.
- [Detailed cleaning guidance](#) is available from the CDC. Remember to follow guidelines for communicating with employees and when the employee can return to work. Contact your local health department with any additional questions.
- Employers should know the relevant laws and guidance for reopening their business.
-

Can I be fired for not coming to work if I have COVID-19?

No. You cannot be fired for not coming to work if:

- You have COVID-19.
- You have symptoms of COVID-19.
- You are caring for someone in your household who has COVID-19.
- You have been exposed to COVID-19.

DATA

Additional information is available at Michigan.gov/Coronavirus

What does the outbreak data on the website mean?

Numbers of outbreaks are reported to MDHHS by local health departments every week. In general, a COVID-19 outbreak is: two or more cases connected by place and time indicating a shared exposure outside of a household. For example, two new COVID-19 cases where it has been identified they visited the same restaurant on the same day, would be reported as an outbreak.

[Outbreak data](#) is presented in two tables:

1. The number of new outbreaks
 - Identified in the current reporting week.
 - Reported by setting and emergency preparedness region.
2. The number of ongoing outbreaks
 - Identified in previous weeks, but have had at least one new associated case reported in the last two weeks.
 - After two weeks with no new cases, the outbreak is considered closed and removed from the ongoing outbreaks.
 - Reported by setting and emergency preparedness region.

New and ongoing outbreaks are only counted once: new outbreaks are not also counted in the ongoing outbreak category. To learn more about outbreak data in your area, review the local data on your [local health department website](#).

What is percent positivity and how is it used?

Percent positivity is the percentage of all COVID-19 diagnostic tests that are positive on a given day. This metric indicates whether enough tests are being done to detect most new cases. If enough diagnostic testing is being conducted each day, a low percent positivity (less than 3%) over a period of time can give us confidence that the spread of disease is under control.

Epidemiologists watch the percent positivity over weeks within an area since the number can fluctuate daily based on the number of tests performed.

- *Where can I find percent positivity data?*
Percent positivity is posted on the “Confirmatory Testing” tab at Michigan.gov/Coronavirus.
- *How is percent positivity calculated?*
Percent positivity is the number of positive diagnostic tests in a given day divided by the total number of diagnostic tests performed that day.
 - $\text{Number of positive tests} / \text{Total number of tests performed in the same day} = \text{Percent positivity}$.

COVID-19 PUBLIC HEALTH FREQUENTLY ASKED QUESTIONS

Updated May 6, 2022

- Percent positivity data may include results from people who have tested positive more than one time, since that information is helpful in deciding if there are enough tests being performed. **However**, each individual is only included in the confirmed case count once.
- *Do other states follow percent positivity calculations?*
Yes, percent positivity is important to epidemiologists across the country and worldwide. You can find national numbers for percent positivity on the [CDC data tracker](#).

WHAT YOU NEED TO KNOW ABOUT COVID-19

What is COVID-19?

COVID-19 is a virus that can cause severe illness. Anyone can get the virus. Older adults and people with chronic health conditions are more likely to get very sick from the virus.

How does it spread?

The virus spreads mainly through close contact with someone who is infected. Respiratory droplets, created when an infected person coughs, sneezes, or talks, land in the mouths or noses of people who are nearby. People who are infected, but not showing symptoms, may be able to infect others.

What are the symptoms?

Symptoms appear 2 to 14 days after you are exposed.

Common Symptoms:

- Fever
- Cough
- Shortness of breath

Additional Symptoms:

- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

Emergency warning signs:

Trouble breathing
Constant pain or pressure in chest
Confusion or inability to wake up
Blue lips or face

If you develop these warning signs, call 911 for immediate medical help.

What should I do if I think I am sick?

If you develop symptoms, you should call your doctor. If you do not have a doctor, you should call an urgent care. Avoid contact with other people in your home so they do not get sick.

HOW TO PROTECT YOURSELF



Wash your hands often with soap and water. If not available, use hand sanitizer.



Get your COVID-19 vaccine. To find a site, dial 211 on a phone.



Cover your mouth and nose with a tissue or elbow when coughing and sneezing.



Clean and disinfect frequently touched surfaces every day.



Wear a cloth face covering when you have to be around other people. Avoid touching your face.



Keep 6 feet of space between yourself and other people you don't live with. Avoid contact with people who are sick.

LEARN MORE

Important information from the State of Michigan

[Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

What to do if you are sick

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/sick-with-2019-nCoV-fact-sheet.pdf>

How to stop the spread of germs

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/stop-the-spread-of-germs.pdf>

Addressing Emotional Needs While You're Sick: Guidance for Individuals

If you are experiencing illness during the COVID-19 outbreak, you may find that you feel worried about your health, your family, and the symptoms you are having. Trying to figure out how to cope with increased stress may create feelings of anxiety like you have never felt before. You are not alone. This document addresses some common signs of stress, along with ways to lessen them.

Know that in these circumstances it is normal to experience some fear and worry. The stress from the illness you are experiencing can trigger distress reactions. Take note of how you are feeling emotionally. Here are some distress reactions to look out for:

- Insomnia – difficulty falling or staying asleep
- Anxiety and feeling afraid
- Feeling unsafe
- Feeling angry
- Placing blame on others for your illness or stress

During times of overwhelming stress, one may start to use unhealthy coping skills, thus making feelings of anxiety and fear worse. Monitor yourself for the following **stress reactions:**

- Increasing use of food, alcohol, tobacco, and other substances
- Feeling no balance between work and life – withdrawing from your family/friends and working more, or feeling like you cannot manage your work duties
- Feeling very isolated and alone
- Family conflicts

If you are experiencing these types of stress reactions and are worried that you are not able to cope, or find yourself relying on unhealthy and risky behaviors, please reach out to your healthcare provider right away. If you are experiencing severe stress, having feelings or actions of violence or suicide seek **immediate** emergency medical attention. Please reach out to your healthcare provider for guidance about your health, concerns about your illness, and mental health services.

Michigan Stay Well Counseling

Remember you are not alone. Talking to a counselor can help you cope with feelings about how COVID-19 is impacting your life, job and routines. Michigan Stay Well counselors are free, confidential and available 24/7. Call 1-888-535-6136 and press option "8" to talk to a counselor.

While you are recovering from your illness:

- It is normal to feel the way you do during increased times of stress. Many people are feeling this way, and you are not alone.
- Try to recognize your own distress reactions and behaviors. You may want to keep a journal or write down these behaviors as you notice them.
- Reach out for help early if you feel like you are becoming too stressed to take care of yourself or are using risky behaviors to cope. There are people ready and able to help you through this challenging time.
- Create a routine – promote feelings of productivity.
- Stay physically healthy – follow instructions provided by your healthcare provider.

STRATEGIES TO REDUCE STRESS & WORRY

Identify a support network – call when you feel overwhelmed or need to talk to someone about your experience.

Take daily media breaks – it can be overwhelming and focuses on the negative.

Identify other stressors to put on hold while you recover (such as daily work).

Refocus on positive thoughts - think of things that are good, and that you are grateful for.

Practice calming strategies - try meditation or step outside, even for just a few minutes.

National Disaster Distress Helpline



Call
1-800-
985-5990



Text
TalkWithUs
to 66746



Call
1-800-
273-8255



Text
TALK
to 741741

GRIEF & LOSS

IN THE COVID-19 CONTEXT AND BEYOND

Grieving is hard. Loss is often unexpected. Even if it was foreseeable, it may still feel sudden or as if there was no time to prepare. Perhaps you lost someone or something recently, or the current situation is causing feelings of sadness from a previous loss to re-emerge. If someone you loved has died, know you are not alone.

Across the globe, hundreds of thousands of people have died from COVID-19, even though many more have recovered. It is likely you were unable to see your loved one before they passed away. The severity of COVID-19 illness and intensity of treatments created a sense of inevitable death for some people. Others may have seemed to be recovering or experiencing mild illness, leaving you shocked by their passing.

The loss of people in our lives, whether sudden or foreseeable, cause many feelings that may become overwhelming. No matter when someone in our lives dies, it can be a shock. There may be questions no one can answer. There may be logistics that seem impossible or out of our control.

Everyone Grieves In Their Own Way

Depending on your culture, beliefs, faith and the nature of your loss, the way you grieve will differ from others. There is no right way to grieve, it is a deeply personal and unique journey.

If you are an older adult, you may find yourself feeling isolated. After losing a loved one, you may feel more alone than before. You may need extra time to adjust, which is okay.

Rest assured resources are available to help you.



For some people, grief reactions may become overwhelming or lead to suicidal thoughts. These impairing thoughts generally mean that more help is needed. There are many resources to assist with these concerns.

Disaster Distress Helpline:

Call 1-800-985-5990

Text TALKWITHUS to 66746

National Suicide Prevention Lifeline:

Call 1-800-273-8255

Text TALK to 741741

Friendly Caller Program for LGBTQ+

Call 248-567-2363

Call 2-1-1 for local resources including:

- Area Agency on Aging
- AARP Friendly Voices program
- Community Mental Health Providers

Michigan COVID-19 mental health resources

- Call 1-888-535-6136 (press 8)
- [Michigan.gov/StayWell](https://www.michigan.gov/StayWell)

Understanding Grief And Loss

Most people experience common feelings of grief; sadness, anger, or feeling lost. Yet, each person's experience is unique and feelings shift over time, even minute to minute. There is no "right way" to grieve, nor is there a timeline to follow.

Many people feel "wrapped in cotton" during the first days following a loss. Their feelings are numbed. Some may feel disbelief, especially if there is no funeral, visitation, or other social connection. Gradually, feelings return, bringing sadness, memories, or even anger at the person for leaving you behind. Allow time to experience these feelings then talk about them with others. This can help soften their edges and allow the feelings to be processed.

Grief over a significant loss may also feel like a roller coaster of emotions. Some days may feel fine, others filled with sadness. This is the healing process at work. Try to accept that these feelings will come and go, and ride the ups and downs.

It is natural to feel conflicting emotions and confusion or worry. Examples include:

- Problems remembering, concentrating, or prioritizing
- Strong feelings of sadness, anger, guilt, loneliness, hopelessness or joy in remembering
- Increased or decreased activity
- Questioning faith or increased religious activities
- Desire for company, or for being alone
- Fatigue, sleep difficulties, appetite changes
- Financial insecurity or loss

Coping And Resilience

You may be wondering how to cope with your grief, which is a normal reaction. You will learn to carry your grief in new ways, over time. As humans we have a deep ability to rebound from adversity and continue to move forward - this is resilience. Allow yourself to experience your unique feelings, but seek help if you are overwhelmed by the healing or grieving process.



Your Grief Journey

Acknowledge that this is a difficult process and promote healing through simple actions. Some of these actions may feel forced or difficult initially but will become easier in time. Be patient with yourself and the process of grieving.

Create a gratitude journal to record things you are thankful for daily

Keep a daily routine. Create schedules for activities, meals and sleep

Stay connected with loved ones

Share memories of your deceased loved one

Try [meditation](#) or [mindfulness activities](#)

Avoid using alcohol or drugs to cope

Sadness

Pushing powerful feelings down is common, but not useful in the long run. While trying to feel “in control,” powerful feelings have a way of being expressed in other, less beneficial ways. Allow yourself to cry, to remember, to feel angry or confused. Like other life changes, loss requires you to acknowledge the changes, feel the hurt, and let the sadness wash through you. You will have more positive days as time goes on. This is not about forgetting the loss, or the person who is gone. It is about accepting it and growing. We are often changed by loss, but even if the loss is not a positive, the change within ourselves can be positive as we learn to heal and grow and develop our resilience.

Seeking Support

It is important to recognize when you reach a point of needing extra help. People may need more support than friends can provide. Turning first to people you trust like friends, family, or neighbors can be helpful. Sometimes, they may not be able to provide enough support for the loss you experienced. It is okay if you need additional help.

If you find your days are not improving, you can't enjoy regular activities, you feel stuck in sadness or distress, or have suicidal thoughts, seek professional help. Sharing your situation with a trained counselor can help you through the process. Professional support comes in many forms such as through grief counselors or therapists. They are trained to assist with loss and difficult life events. Sharing with a trained provider can help you gain perspective and walk you through your grief.

Another means of support comes from community grieving. Group support helps us feel less alone during times of loss. It can be helpful to find ways to connect with people or groups that you might not have connected with before. You can create new relationships that carry you through this difficult time and forge strong bonds with others who have experienced similar loss.

Where to Find Support

Reach out to people you trust. If you need additional help, consider some of the options below:

Group Support

- Faith-based organizations
- Hospitals
- Hospice organizations
- Funeral homes

Personal Support

- Friends
- Family
- Neighborhood connections

Professional Support

- Grief counseling
- Community Mental Health Services
- Your doctor



If sadness or grief becomes overwhelming, seek support.

Visit [Michigan.gov/StayWell](https://www.michigan.gov/StayWell)

Find immediate counseling resources on page one.

Talking About Your Loss With Others

You may have the responsibility of telling children or other adults about a death, and this can feel like an overwhelming burden. Children should be told as directly and clearly as possible, at a level they can understand, and using terms appropriate for their age and maturity. It is important to be honest and explain that death is irreversible and permanent. There are many ways to support children through loss.

Telling adult friends and family members about the death of a loved one can be difficult and even traumatic. These are normal feelings. It is important to remember that the news of the death is a way to report facts and honor the deceased and their loved ones. Sharing stories about the person who died can help you process your grief with others. Sometimes, having to share the news of a death is overwhelming. If you are experiencing difficulties coping with this, it is okay to seek help in processing your own feelings as well.



Resources For Children

- [Helping Children Through Grief and Loss](#)
- [How to Talk to Children About the Coronavirus Pandemic](#)
- [Ele's Place](#)
- [Tip Sheet for Helping Children Cope with Stress](#)

Additional Resources

American Psychiatric Association
[Coronavirus Resources](#)

Center for the Study of Traumatic Stress
[When a Loved One Dies from COVID-19](#)

Community Mental Health Association of Michigan Resources
[COVID-19 Resources](#)

Hospice of Michigan
[Resources for Patients and Loved Ones](#)
Call 1-888-247-5701

Funeral Service Foundation
[Grieving Alone and Together: Responding to the Loss of Your Loved One during the COVID-19 Pandemic](#)

Hospice of Michigan
[Resources for Patients and Loved Ones](#)
Call 1-888-247-5701

Michigan Funeral Homes Association
[Pre-arranging, recent loss/choices, and resources](#)

Psychology Today
[What Do the COVID-19 Pandemic and Grieving Have in Common?](#)

[How to Cope with Bereavement During the COVID-19 Pandemic](#)

State Advisory Council on Aging
[Helping Older Adults with Social Distancing Tips and Resources](#)

STAY WELL
Michigan.gov/StayWell



Who is eligible?

The Healthy Michigan Plan provides health care benefits to Michigan residents at a low cost so that more people can have health care coverage. Individuals are eligible for the Healthy Michigan Plan if they:

- Are age 19-64 years
- Have income at or below 133% of the federal poverty level* (\$16,000 for a single person or \$33,000 for a family of four)
- Do not qualify for or are not enrolled in Medicare
- Do not qualify for or are not enrolled in other Medicaid programs
- Are not pregnant at the time of application
- Are residents of the State of Michigan

*Eligibility for the Healthy Michigan Plan is determined through the Modified Adjusted Gross Income methodology.

Three easy ways to apply:

- Online: www.michigan.gov/mibridges
- Call: 1-855-789-5610
- In person: temporarily not available due to COVID-19.

Coverage:

With the Healthy Michigan Plan, you will get a variety of health care benefits.

The Healthy Michigan Plan covers the federal healthcare law essential health benefits, as well as other services and benefits. This means that you can get the health care you need at a low cost. With these benefits available, it's never been easier to protect your health. The Healthy Michigan Plan provides the following services:

- Ambulatory patient services
- Emergency services
- Hospitalization
- Maternity care
- Mental health and substance use disorder treatment services, including behavioral health treatment
- Prescription drugs
- Rehabilitative and habilitative services and devices
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services for 19 and 20 year olds, including oral and vision care

The Healthy Michigan Plan will cover other medically necessary services as appropriate.

The [Healthy Michigan Plan Handbook](#) provides more information about what is covered.

Questions?

For questions or translations, call **MiChild** at 1-888-988-6300 (TTY: 1-888-263-5897).



Si tiene preguntas o necesita ayuda para traducir, llame a **MiChild** al 1-888-988-6300 (TTY: 1-888-263-5897).



لأسئلتكم واستفساراتكم أو الحصول على خدمات الترجمة، اتصلوا على **MiChild** على الرقم 1-888-988-6300 (لضعاف السمع: 1-888-263-5897)

MiCHILD HEALTHY KIDS



Do you need health care coverage for you or your children?



Apply now on the Internet!
www.michigan.gov/mibridges

How can you find out if you or your children qualify for MiChild or Healthy Kids?

1 You get results the quickest by applying online at www.michigan.gov/mibridges

- Fill out the online application
- Submit the application
- View your results telling you who qualifies

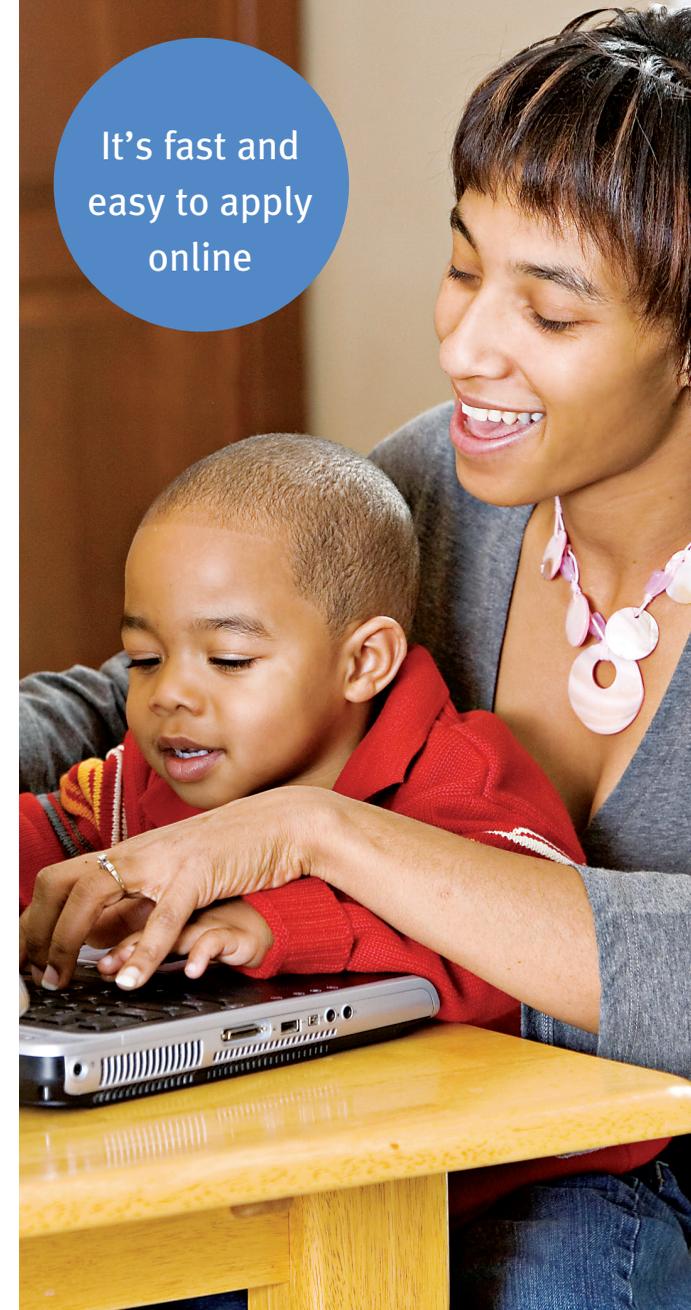
*If you or your family need help with food, shelter, or other daily living expenses, choose **Apply For Multiple Benefits** when you begin your online application.*

or

2 Fill out a paper application (you will get a letter telling you who qualifies)

- Go to www.michigan.gov/mdhhs and print an application, **or**
- Call 1-888-988-6300 and ask for an application to be mailed

It's fast and easy to apply online



MDHHS is an equal opportunity employer, services and program provider.

Find out fast if your family qualifies!



Go to www.michigan.gov/mibridges and find out if your family qualifies

MICHILD



If you have children under age 19,

you may be able to get health and dental care for them through **MiChild**. To qualify, your children must:

- Be under age 19
- Have no other health insurance
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

How much does MiChild cost?

You pay just \$10 a month for your whole family (even if you have more than one child).

HEALTHY KIDS



If you are under age 19, or pregnant

you may be able to get health and dental services for you and your children through **Healthy Kids**. To qualify, you or your children must:

- Be under age 19, or pregnant
- Have a Social Security Number (or have applied for one)
- Live in Michigan, even for a short time
- Be a U.S. citizen or a qualified immigrant
- Meet Modified Adjusted Gross Income (MAGI) limits

How much does Healthy Kids cost?

Healthy Kids is free.

What services do MiChild and Healthy Kids provide?

- Ambulance
- Dental services
- Doctor visits and health check-ups
- Family planning
- Hearing and speech therapy
- Hospital care
- Immunizations (shots)
- Lab and x-ray tests
- Medical supplies
- Medicine
- Mental health services
- Physical therapy
- Prenatal care and support services
- Substance use disorder services
- Surgery
- Vision care
- Well-child visits

Find out fast if your family qualifies!



Visit www.michigan.gov/mibridges and find out if you qualify!

About Us

Allegan County Community Links is bridging the gap between individuals, communities, health, and social service systems. We are aiming to make the connections that help the Allegan County Community thrive.

What is a Community Health Worker?

A Community Health Worker is a trained/certified public health worker who serves as a liaison between communities, health care systems, social service systems, and health departments.

What We Do

Allegan County Community Health Workers provide referrals and information on community services available and help you get the services you are looking for.



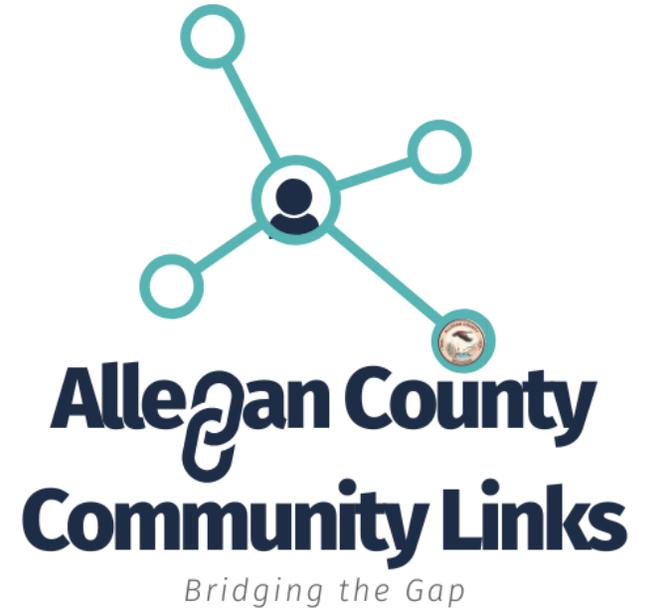
**Allegan County
Health Department
3255 122nd Avenue, Suite 200
Allegan, MI 49010**



Contact Us

Phone: (269) 673-5411

Email: communitylinks@allegancounty.org



**Making Connections that
Help Our Community Thrive**

What services does Allegan County Community Links connect residents to?

- Basic Needs
- Family Services
- Housing Assistance
- Medical Services
- Mental Health Services
- Food Assistance
- Transportation Assistance
- Education Resources
- Senior Service Resources
- Legal Services



How does this program work?

Step 1:

- A person fills out our referral form online.

Step 2:

- One of our Community Health Workers contacts the individual and gathers needed information to start connecting the individual to services and resources they need.

Step 3:

- Our Community Health Worker will routinely follow up with the individual to check-in and make sure they are getting what they need.

Meet our Community Health Workers:

**Veronica Rodriguez
&
Regina Love**

The Certified Community Health Workers at Allegan County Health Department are excited to help community members receive the referrals and services they need by working to ensure all referrals are met in a timely manner.

Scan the QR Code or visit the link below to fill out our referral form:



bit.ly/3SUW0jY

For more Information:

Visit our website for more information about Allegan County Community Links:
www.allegancounty.org/health/community-links

Contact a Community Health Worker:
E: communitylinks@allegancounty.org
P: (269) 673-5411 ext. 4547 or ext. 4550

