



HEALTH
Department

What To Do If You Are Showing Flu Like Symptoms

Symptoms of COVID-19

Reported illnesses have ranged from mild symptoms to severe illness and death for confirmed coronavirus disease 2019 (COVID-19) cases. The following symptoms may appear 2-14 days after exposure. Call your doctor if you develop the below symptoms and have been in close contact with a person known to have COVID-19 or have recently traveled to another country with cases of COVID-19:

- Fever
- Cough
- Shortness of breath

What To Do if You Believe You Have COVID-19

- Restrict activities outside your home, except for getting medical care.
- Separate yourself from other people/animals in your home.
- DO NOT go to work, school or public areas.
- Avoid using public transportation, taxis, or ride-share.
- Monitor your symptoms and call before visiting your doctor. Be sure you tell them you have or may have COVID-19.
- If you have one, wear a facemask around other people.
- If you can't wear a mask because it's hard for you to breathe, self-quarantine in your own room and have family wear facemasks.
- Cover coughs and sneezes with a tissue and throw away in a lined trashcan.
- Wash your hands often with soap and water for 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Clean all "high touch" surfaces every day.
- Contact the City of Detroit COVID-19 Hotline at 313-876-4000.
- For medical emergencies, call 9-1-1. Notify dispatch that you have/may have COVID-19.

Remain in isolation until you

- No longer have a fever for at least 72 hours (without the use of medicine) AND
- Feel improvement in your symptoms AND
- Two negative tests in a row (24 hours apart) OR at least 7 days have passed since your symptoms first appeared.

What To Do if You Believe You Have Been Exposed to an Infected Person

Close contact includes scenarios like living with/caring for a person with COVID-19, being within six feet of a person with COVID-19 for at least 10 minutes, or if someone with COVID-19 coughed on you, kissed you, shared utensils with you or you had direct contact with their bodily fluids.

Showing Flu Like Symptoms cont.

If you may have had close contact with a person with COVID-19 but are not sick:

- Monitor your health for symptoms for 14 days after your last contact with the ill person.
- DO NOT go to school or work. Avoid all public places for 14 days.

If you are a close contact of a person with confirmed COVID-19 and are sick:

- If you are sick with fever, cough, or shortness of breath, even if your symptoms are mild, isolate yourself.
- If you are at higher risk for severe illness (over 60, with underlying health conditions such as heart disease, lung disease, or diabetes, have a weakened immune system or are pregnant) call your health care provider. They may want to test you for COVID-19.
- If you have symptoms but are not in a high risk category, discuss with your health care provider if you should be tested.