



CHIPPEWA COUNTY HEALTH DEPARTMENT

508 Ashmun, Suite 120

Sault Ste. Marie, Michigan 49783

www.chippewahd.com

Dear Community Members:

As Medical Director for Chippewa County Health Department, I am strongly urging each and every community member to take COVID-19 seriously and take all precautions to stop the spread of this illness

Guidance

- If you are asked by your employer to stay home because of someplace you may have traveled to or illness you may be exhibiting, you must follow your employer's direction. You should monitor for symptoms during your stay at home.
- If you or members of the household, do not display any signs of illness, the members of the household do not need to self-quarantine, but monitor for symptoms.
- If you or members of the household are displaying any signs of illness, everyone in the household must self-quarantine.

SYMPTOMS

- COVID-19 symptoms may appear in as few as two days or as long as 14 days after exposure to the virus. Symptoms include fever, cough and shortness of breath.

Discontinuation of Home Isolation

Persons with COVID-19 symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:

- At least 3 days (72 hours) have passed *since recovery* defined as resolution of fever without the use of fever-reducing



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medications **and** improvement in respiratory symptoms (e.g., cough, shortness of breath); **and**,

- At least 7 days have passed *since symptoms first appeared*.

Individuals with laboratory-confirmed COVID-19 who have not had any symptoms may discontinue home isolation when at least 7 days have passed since the date of their first positive COVID-19 diagnostic test and have had no subsequent illness.

Things are changing rapidly and in order to get ahead of the illness, it is imperative we, as a community, follow these guidelines.

Should you have questions, please contact the health department at 906-635-1566 or the Michigan Department of Community Health hotline at 1-888-535-6136.

Additional resources can be found on our website at www.chippewahd.com, www.michigan.gov/coronavirus and <https://www.cdc.gov/coronavirus>.

Please be proactive in protecting our community and its most vulnerable populations.

Respectfully,

Joseph M. Garlinghouse, M.D., M.P.H.
Medical Director
Chippewa County Health Department