**If you have been in close contact with your co-worker.**

 You should self-quarantine away from others for 14 days since the last day you had contact with that person. Your employer should contact you with further instructions. It is possible that your local health department will call you to discuss your risk, you can also reach out to your local health department. If you develop symptoms of respiratory illness, and are concerned about your health, please call your healthcare provider.

**If you have not been in close contact with your co-worker.**

You should monitor yourself for symptoms of respiratory illness and remember to practice good social distance, but quarantine is not required. You should follow any instructions from your employer carefully. If you develop any symptoms, you should self-isolate at home and contact a healthcare provider if you are concerned about your health. Remember to follow appropriate precautions for cleaning your work area, hand hygiene, and respiratory etiquette.

**All of the changes related to COVID-19 have been stressful. What resources are available to help me and my family manage the stress?**

Visit the Health & Welfare [**section of this page**](https://www.michigan.gov/coronavirus/0,9753,7-406-98810---,00.html?page=1&limit=10&filterCategories=,99614&searchQuery=) for a list of resources available for a variety of health and wellness topics.