

# I'VE HAD COVID-19, NOW WHAT?



**Am I safe to be around friends and family? Even if I'm still having some minor symptoms?** Yes, if you've completed your 10 day isolation and have been fever free for 24 hours AND your symptoms are improving, you're free to head back to work or school. However, you should still take preventative actions and wear your mask and social distance from those outside of your household.

**Am I immune to COVID-19 after I've had it?** While much is unknown still about how long someone may be immune after having COVID-19, current research suggests you have immunity for minimally 90 days after recovering and you won't spread it to others. However, you still need to practice all of the preventative measures to keep yourself and others safe - wear a mask, social distance and wash your hands.

**Do I need the COVID-19 vaccine if I've already had the virus?** Current research suggests the best way to continue to protect yourself from getting COVID-19 again and potentially spreading COVID-19 is to get the vaccine. Early research suggests that natural immunity from COVID-19 may not last very long, but more studies are needed. Getting the vaccine is recommended and safe for everyone, even if you've had COVID-19.

**Can I stop wearing my mask and social distancing?** While you may have natural immunity for some time, you should continue to practice social distancing and wearing a mask to be safe. This helps protect yourself and others until a vaccine is widely available.

**After having COVID-19, do I have to quarantine again if I'm exposed?** People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

**If you have any COVID recovery questions, visit [www.bhsj.org](http://www.bhsj.org) or call the health department:**

- Branch 517.279.9561 *(select option #7)*
- Hillsdale 517.437.7395 *(select option #7)*
- St Joseph 269.273.2161 *(select option #7)*



Last updated 12/16/2020. Information is subject to change at any time.  
Adapted from materials developed by the Berrien County Health Department.