



## DHD#10 ALIGNING WITH CDC ON UPDATED COVID-19 QUARANTINE PERIOD

December 9, 2020 – District Health Department #10 (DHD#10) is changing the COVID-19 quarantine guidelines to align with those made by the Centers for Disease Control and Prevention (CDC) on December 2, 2020.

The previous 14-day quarantine period was based on earlier data that estimated the COVID-19 incubation period. However, recent data found 90 to 99 percent of COVID-19 infections occur within 10 days of exposure.

While the 14-day quarantine period for those who have been exposed to COVID-19 is still standard, it can be reduced to 10 days if the following two conditions are met:

- The individual does not develop any symptoms or clinical evidence of COVID-19 infection during the 10 days after their last exposure.
- The individual continues to monitor for symptoms for 14 days after their last exposure.
  - If symptoms develop, they should get tested and self-isolate while waiting for their results.
    - Testing locations can be found at [www.michigan.gov/coronavirustest](http://www.michigan.gov/coronavirustest) or by calling 211.
    - If you test positive for COVID-19, you should follow home isolation guidelines. If you test negative, you still need to complete the 14- day quarantine.



### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: [jtaylor@dhd10.org](mailto:jtaylor@dhd10.org)



### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford

The shortened quarantine period should be considered with caution for those living or working in congregate living settings or those working with high-risk individuals due to the increased risk of transmission with the shortened quarantine. Refer to the Centers for Disease Control and Prevention (CDC) for [information](#) regarding these risks. There may be conflicts in the length of quarantine for employers who fall under Michigan [Public Act 238](#) or [Michigan Occupational Safety and Health Administration](#) rules. Employers should refer to these sources when determining whether employees need to wait 14 days to return to work.

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