

April 8, 2021

Dear Community Partner/Employer/Business Owner,

Due to overwhelming caseloads, **the health department will no longer provide documentation clearing individuals from COVID-19 related quarantine and isolation.** You can determine when your employees are safely able to return to work by the following guidance:

If you were notified that you tested positive for COVID-19:

- **Self-isolate** for 10 days. After 10 days, if your symptoms have improved and you have not had a fever for 24 hours (without the use of medications), you may return to normal activities.
- Notify all your **close contacts** immediately.
 - A close contact is someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24- hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

If you were notified that you were a close contact to a positive case:

- **Self-quarantine** for 14 days beginning the first full day after the last date of exposure to the positive case.
- Consider getting tested, especially if you develop symptoms of COVID-19
- If you get tested and results are negative, you still must complete your 14-day quarantine before resuming normal activities.

If you have recently been tested for COVID-19 due to symptoms or an exposure:

- **Self-isolate** in your home as though you have COVID-19 while waiting for your test results.
- Make a list of your close contacts beginning two days prior to symptoms or from your test date in the event that your test is positive.

NOTE: You SHOULD NOT REQUIRE a negative COVID-19 test to discontinue isolation. The PCR test for COVID-19 can be falsely positive for 12 or more weeks after illness. Other than those listed in footnote #2 below, people aren't able to infect others past 10 days from when their symptoms started. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html> for further discussion and references.

Please see the following page for frequently asked questions. We apologize for any inconvenience this may cause you. Contact our COVID hotline at 231-305-8675 or email us at covid@dhd10.org with any questions.

Sincerely,



Jennifer Morse, MD, MPH, FAAFP
Medical Director

CRAWFORD COUNTY

501 Norway Street
Suite #1
Grayling, MI 49738
(989) 348-7800

KALKASKA COUNTY

625 Courthouse Drive
Kalkaska, MI 49646
(231) 258-8669

LAKE COUNTY

5681 S. M-37
Baldwin, MI 49304
(231) 745-4663

MANISTEE COUNTY

385 Third Street
Manistee, MI 49660
(231) 723-3595

MASON COUNTY

916 Diana Street
Ludington, MI 49431
(231) 845-7381

MECOSTA COUNTY

14485 Northland Drive
Big Rapids, MI 49307
(231) 592-0130

MISSAUKEE COUNTY

6180 W. Sanborn Road
Suite #1
Lake City, MI 49651
(231) 839-7167

NEWAYGO COUNTY

PO Box 850
1049 Newell Street
White Cloud, MI 49349
(231) 689-7300

OCEANA COUNTY

3986 N. Oceana Drive
Hart, MI 49420
(231) 873-2193

WEXFORD COUNTY

521 Cobb Street
Cadillac, MI 49601
(231) 775-9942



www.dhd10.org



healthdept10

Frequently Asked Questions:

Q: If my employee was exposed to COVID-19 but has a positive antibody test, do they still need to quarantine?

A: Yes. We still do not know how much protection the antibodies might provide or how long this protection might last. Also, there is a chance the positive result is due to antibodies from an infection with a virus from the same family of viruses (called coronaviruses), such as the one that causes the common cold. In other words, it could be a false positive for COVID-19.

Q: If my employee was exposed to COVID-19 and tests negative by PCR or antigen testing, can they get out of quarantine early?

A: No. It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms. A negative result before end of the 14-day quarantine period does not rule out possible infection. They may test negative if the sample was collected early in the infection and test positive later during the illness

Q: My employee is a critical/essential worker. They don't have to quarantine, right?

A: Michigan Public Act No. 238, effective October 22, 2020, requires all employees to isolate and quarantine per the guidance above. The only groups that are not mandated to quarantine in Michigan are: health care professionals; workers at a health care facility; first responders; child protective service employees; worker at a child caring institution; workers at an adult foster care facility, and; workers at a correctional facility.

Q: My employee was diagnosed with COVID-19 before and just got exposed to someone with COVID-19. Do they have to quarantine?

A: 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 should follow up with their health care provider to decide if they need to be tested.