

## QUARANTINE GUIDANCE BACK TO 14 DAYS

April 7, 2021 – Due to the increasing rates of COVID-19 and the spread of COVID-19 variants, the Michigan Department of Health and Human Services (MDHHS) has reinstated a standard 14-day quarantine for all close contacts to a positive COVID-19 case.

The CDC has continued to endorse a 14-day quarantine throughout the COVID-19 pandemic and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. Local public health authorities determine and establish the quarantine options for their jurisdictions based on local circumstances and resources. Currently, the ongoing COVID-19 surge and increasing number of variant cases in Michigan has led local public health authorities to determine that returning to a 14-day quarantine is the best option at this time.

The risk of transmitting COVID-19 after leaving quarantine after 14 days is about 0% to 3% (average 0.1%). The risk is estimated to be about 1% to 10% (average 1.4%) when quarantine ends after 10 days. When quarantine is decreased to 7 days even with a negative test, the risk of transmitting COVID-19 after leaving quarantine is estimated to be about 5% to 12% (average 4% with negative PCR, 5.5% with negative antigen test).



### MEDIA CONTACT

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### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](https://www.facebook.com/DHD10)

### Who needs to quarantine?

**MOST** people who have been in close contact with someone who has COVID-19.

### What counts as a close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more total over the past 24 hours
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (such as hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### Who does not need to quarantine?

- People who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms of COVID-19.
  - People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again and should follow up with their healthcare provider.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and do not develop symptoms of COVID-19.

### What is the difference between quarantine and isolation?

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
- **Isolation** keeps someone who is infected with the virus away from others, even in their home.

### Steps to take when you need to quarantine:

- **Stay home for 14 days** after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F or higher), cough, shortness of breath, or [other symptoms](#) of COVID-19
- If possible, stay away from others, especially people who are at [higher risk](#) for getting very sick from COVID-19
- Get tested for COVID-19 if possible.

**NOTE: Quarantine is 14 FULL days starting AFTER the last day of exposure** to someone contagious with COVID-19. Below is an example where a person is last exposed to someone contagious with COVID-19 on Tuesday the 10<sup>th</sup>. Their quarantine starts on the 11<sup>th</sup>, continues for 14 days (through the 24<sup>th</sup>). They can return to normal activities the 25<sup>th</sup>.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10 Last day exposed to contagious person	11 Day 1 FIRST DAY OF QUARENTINE	12 Day 2	13 Day 3	14 Day 4
15 Day 5	16 Day 6	17 Day 7	18 Day 8	19 Day 9	20 Day 10	21 Day 11
22 Day 12	23 Day 13	24 Day 14 LAST DAY OF QUARENTINE	25 RETURN TO NORMAL ACTIVITIES	26	27	28

Anyone aged 16 and older can now schedule online to receive the COVID-19 vaccine. Go to [www.dhd10.org/schedule](http://www.dhd10.org/schedule). Individuals aged 16 and 17 must be accompanied by a parent or legal guardian when receiving their vaccine or will be turned away.

For questions, email us at [covid@dhd10.org](mailto:covid@dhd10.org). For more COVID-19 vaccine information, visit us at [www.dhd10.org/covid-19-vaccine](http://www.dhd10.org/covid-19-vaccine). To stay informed, sign up for our Public Health Alert at [www.dhd10.org/subscribe](http://www.dhd10.org/subscribe).