

Quarantine Guidance from Your Local Health Department

The Michigan Department of Health and Human Services (MDHHS) has reinstated a **standard 14-day quarantine for all close contacts to COVID-19** as of April 5, 2021 due to increasing rates of COVID-19 and spread of COVID-19 variants¹.

Background

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.² **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)².

Who needs to quarantine?

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

What counts as 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

**Quarantine or isolation:
What's the difference?**
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.

*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.

²Michigan State and Local Public Health COVID-19 Standard Operating Procedures https://www.michigan.gov/documents/mdhhs/nCoV_SOP_TEAM_680994_7.pdf and

²Source: CDC, When to Quarantine, <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>; Science Brief: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing, <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

- 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^{3,4} against the disease and do not develop symptoms of COVID-19.

Steps to take when you need to quarantine:

Stay home and monitor your health

- **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 10th. Their quarantine starts on the 11th, continues for 14 days (through the 24th). They can return to normal activities the 25th.

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

FROM MID-MICHIGAN DISTRICT, CENTRAL MICHIGAN DISTRICT AND DISTRICT HEALTH DEPARTMENT #10



³ People are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, like the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine

⁴ Fully vaccinated individuals may be required to quarantine for 14 days if exposed to a different variant strain with the potential for reduced vaccine efficacy. See <https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/variant-surveillance/variant-info.html>