

CDC SHORTENS ISOLATION AND QUARANTINE PERIODS

DHD#10 Adopting Changes Effective Immediately

December 29, 2021 – Following guidance from the Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS), District Health Department #10 (DHD#10) is adopting the strategy released by the [CDC](#) on December 27 for quarantine and isolation effective immediately.

In the release, the CDC announced that, given what is currently known about COVID-19 and the Omicron variant, they are shortening the recommended timeframe for isolation and quarantine from others for those who have COVID-19 and are asymptomatic as well as those who have been exposed to COVID-19.

Below is the breakdown of the new guidance:

If you test positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status:

- Stay home for 5 days
- If no symptoms or your symptoms are resolving after 5 days, you can leave your house
- Continue to wear a mask around others for 5 additional days
- If you have a fever, continue to stay home until your fever resolves.

If you were exposed to someone with COVID-19 (Quarantine)

If you have been boosted OR completed the primary series of Pfizer or Moderna vaccine within 6 months OR completed the primary series of Johnson & Johnson vaccine within the last 2 months:

- Wear a mask around others for 10 days
- Test on day 5, if possible
- Quarantine not required unless you develop symptoms, after which, get tested and stay home for 5 days

If you completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR completed the primary series of Johnson & Johnson over 2 months ago and are not boosted OR have an incomplete vaccine series OR are unvaccinated:

- Stay home (quarantine) for 5 days
- After that continue to wear a mask around others for 5 additional days
- If you can't quarantine you must wear a mask for 10 days
- Test on day 5 if possible
- If you develop symptoms, get tested and stay home

“As the COVID-19 pandemic develops, so do the recommended guidelines,” stated DHD#10’s Health Officer, Kevin Hughes. “It is important that we all remain current and apply these guidelines to keep everyone safe.”



MEDIA CONTACT

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



COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



www.dhd10.org



www.facebook.com/DHD10

For those wanting to schedule your COVID-19 vaccine, booster dose and/or flu shot, please visit www.dhd10.org/schedule or call 888-217-3904. If no appointments are available, consider going to a pharmacy or your primary health care provider.

DHD#10 is also hosting COVID-19 and Flu vaccine clinics at various locations throughout our jurisdiction. Find a clinic near you at www.dhd10.org/events or on Facebook at www.facebook.com/DHD10/events.

For those needing a COVID-19 test, DHD#10 is hosting testing clinics at various locations throughout the jurisdiction. Find a testing site near you at www.dhd10.org/covid19-testing-clinics. You do not need to be a resident to get tested at any of these clinics. COVID-19 testing also takes place at most pharmacies, urgent cares, and your primary health care provider's office.

For more information on COVID-19, visit www.dhd10.org/coronavirus.

###