

## DHD#10 MOVING FORWARD WITH NEW CDC COVID-19 QUARANTINE AND ISOLATION GUIDELINES FOR GENERAL POPULATION

*Guidelines for Schools and Other Special Populations Still in the Works*

December 30, 2021 – District Health Department #10 (DHD#10) announces they will proceed with the CDC’s updated quarantine and isolation for the general population, and ask that special populations, including schools, congregate care settings, daycares, jails, etc., continue to follow existing guidelines until updated guidance is provided.

Today, Michigan’s Department of Health and Human Services (MDHHS) issued a release declaring that the state will wait to proceed with the CDC’s new guidance and continue to follow existing quarantine and isolation guidelines for all populations, including general and special populations, until further guidance is provided by the CDC. At this time, DHD#10 plans to proceed with CDC’s updated guidelines for the general population only but emphasize that masking during days 6-10 is crucial for this approach to be effective.

“We understand that the difference in guidance between the CDC and MDHHS is causing frustration and confusion,” stated DHD#10 Health Officer, Kevin Hughes. “At this time, DHD#10 stands by our decision to move forward with the new CDC guidance for quarantine and isolation for the general population but urge individuals to closely follow the masking requirement spelled out for days 6-10. For special populations, such as schools, residential care facilities, daycares, and jails, we ask that these groups continue to follow the guidance they currently have in place while the CDC and MDHHS work to determine the best approach to quarantine and isolation.”

On December 27, the [CDC](#) released updated guidelines for quarantine and isolation for the general population 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. The CDC also stated that the change was motivated by science demonstrating that most SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

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)**



#### **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](http://www.dhd10.org)



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

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

It is important to note that there are various resources utilized for contact tracing across the state. The guidance you receive if you test positive or are a close contact may vary depending on what specific contact tracers and case investigators are following. If you reside in DHD#10's ten-county jurisdiction and are not part of a special population, such as a school, daycare, or congregate setting, you can follow the new updated CDC quarantine and isolation guidance. If you are part of a special population, such as a student or staff member of a school, a resident or staff member in a long-term care facility, a child or employee of a daycare, etc., you should follow the MDHHS's current guidance for your specific population.

For those wanting to schedule your COVID-19 vaccine, booster dose and/or flu shot, please visit [www.dhd10.org/schedule](http://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](http://www.dhd10.org/events) or on Facebook at [www.facebook.com/DHD10/events](http://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](http://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.

If you utilized a COVID-19 Home Test Kit and your results came back positive, please submit your results here: <https://bit.ly/3zaCkiP>.

For more information on COVID-19, visit [www.dhd10.org/coronavirus](http://www.dhd10.org/coronavirus).