Central Michigan
District Health Department
Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: Quarantine Guidance Updated

Release Date: December 10, 2020

Central Michigan District Health Department is changing its COVID-19 quarantine guidelines to align with those made by the Centers for Disease Control and Prevention (CDC) on December 2, 2020.

The previous 14-day quarantine period was based on earlier data that estimated the COVID-19 incubation period. However, recent data found 90 to 99 percent of COVID-19 infections occur within 10 days of exposure.

While the 14-day quarantine period for those who have been exposed to COVID-19 is still standard, it can be reduced to 10 days if the following two conditions are met:

- The individual does not develop any symptoms or clinical evidence of COVID -19 infection during the 10 days after their last exposure.
- The individual continues to monitor for symptoms for 14 days after their last exposure. If symptoms develop, they should get tested and self-isolate while waiting for their results. Testing locations can be found at www.michigan.gov/coronavirustest or by calling 211. If you test positive for COVID-19 you should follow home isolation guidelines. If you test negative, you still need to complete the 14-day quarantine.

Individuals exiting quarantine should continue to social distance, wear a mask, and avoid crowds.

The shortened quarantine period should be considered with caution for those living or working in congregate living settings or those working with high-risk individuals due to the increased risk of transmission with the shortened quarantine. Refer to the Centers for Disease Control and Prevention (CDC) for information regarding these risks. There may be conflicts in the length of quarantine for employers who fall under Michigan Public Act 238 of 2020 or Michigan Occupational Safety and Health Administration rules. Employers should refer to these sources when determining whether employees need to wait 14 days to return to work.

Central Michigan District Health Department has a Coronavirus message center. Please call 989-773-5921 extension 1444 if you have any questions. Leave your name, phone number, county of residence, and a brief message. Staff will return calls as soon as possible. Businesses can report positive cases to the local health department using the Business Reporting Form on our website.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon. Visit our website at www.cmdhd.org LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.

No in-person interviews are being given at this time by Central Michigan District Health Department.