

How Long Do I Have to Stay Home?

Isolation

10

If a person tests positive for COVID-19 or is presumed positive, they will need to stay home for 10 days from the test date or the start of symptoms.



This time frame is based on the number of days a person is considered contagious.



Central Michigan District Health Department
Promoting Healthy Families. Healthy Communities

Read more at Michigan.gov/coronavirus

Quarantine

10

If an individual was exposed to a person with COVID-19 and/or they share a household with a person with COVID-19 but CAN AVOID CLOSE CONTACT, they will need to stay home for 10 days. Still monitor for symptoms until day 14.

Symptoms may appear 2 to 14 days after exposure to the virus. Therefore, a negative test during this period does not end quarantine early. If symptoms appear, get tested.

Exceptions: If exposure occurred 2 or more weeks after being fully vaccinated or if recent exposure occurred within 3 months of a diagnosed COVID-19 illness if the close contact does not have symptoms.

Quarantine

20

If an individual lives in the same home as a person with COVID-19 and they CANNOT AVOID CLOSE CONTACT, they need to stay home for 20 days, and monitor for symptoms for 4 more days.

$10+10=20$



This time frame is longer because quarantine begins after the household member is no longer contagious (10 days).

Close contacts normally include anyone within 6 ft for >15 minutes of a COVID positive person during their infectious period. K-12 schools can use a 3 ft distance for close contacts for students instead only if:

- Both students were correctly wearing well-fitting masks, and
- Other K-12 prevention strategies were in place (see Michigan.gov document [here](#)).

This new "close contact" definition DOES NOT apply to exposures during extracurricular/athletic activities, or to teachers, staff, or other adults in the indoor setting.