

# Quarantine Guidance from Your Local Health Department

Your local health department updated guidance for quarantine on May 5<sup>th</sup>

**Your local health department guidance on quarantine after exposure to COVID-19 states that while the standard fourteen-day quarantine period remains the safest, individuals have an opportunity to reduce that to ten (10) days IF:**

- The individual does not develop symptoms or clinical evidence of COVID-19 infection during the daily symptom monitoring for the 10 days after the last exposure: and,
- Daily symptom monitoring continues through day 14 after the last exposure.

## **Background**

**The CDC continues to endorse quarantine for 14 days** and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus.<sup>1</sup> **Local public health authorities determine and establish the quarantine options for their jurisdictions.** *If* local public health authorities decide, based on local circumstances and resources, to shorten quarantine, the following options are acceptable alternatives per the CDC:

- Quarantine can **end after Day 10 without testing** and if no symptoms have been reported during daily monitoring.
  - With this strategy, **the risk of transmitting COVID-19 after leaving quarantine is estimated to be about 1% to 10% (average 1.4%)<sup>1</sup>.**
  - The most recent research has found that household contacts that are not ill or positive after 10 days are, on average 7% likely (range of 2-22% likely) to become positive for COVID-19 over the next 4 days.<sup>2</sup>
- Quarantine can **end after Day 7 if a diagnostic test (PCR or antigen) is negative** within 48 hrs. of the end of quarantine and if no symptoms were reported during daily monitoring.
  - With this strategy, **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)<sup>1</sup>.**
  - The most recent research has found that household contacts that are not ill or positive after 7 days with a negative test are, on average 19% likely (range 10-33% likely) to become positive for COVID-19 over the next 7 days. In other words, about 1 in 5 become contagious after 7 days even with a negative test<sup>2</sup>.

**The risk of transmitting COVID-19 after leaving quarantine after 14 days is about 0% to 3% (average 0.1%). The risk is increased by ending quarantine after 10 days, but it is felt to be a small enough to allow. HOWEVER, it is felt by local public health that the risk is increased unacceptably high when quarantine is decreased to 7 days. THEREFORE, local public health authorities at MDHHS and your area only allow the optional 10-day quarantine in acceptable situations.**

---

<sup>1</sup>Source: 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>

<sup>2</sup> Rolfes MA, Grijalva CG, Zhu Y, et al. Implications of Shortened Quarantine Among Household Contacts of Index Patients with Confirmed SARS-CoV-2 Infection — Tennessee and Wisconsin, April–September 2020. MMWR Morb Mortal Wkly Rep 2021;69:1633–1637. DOI: <http://dx.doi.org/10.15585/mmwr.mm695152a1>

## 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 (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.
  - 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<sup>3,4</sup> 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 10 to 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 10 to 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 10<sup>th</sup>. Their quarantine starts on the 11<sup>th</sup>, continues for at least 10 days (through the 20<sup>th</sup>) and they can return to normal activities the 21<sup>st</sup> if following a 10-day quarantine, the 25<sup>th</sup> if following a 14-day quarantine.

---

<sup>3</sup> 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

<sup>4</sup> 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>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10 Last day exposed to contagious person	11 FIRST DAY OF QUARANTINE	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 continue monitoring symptoms) EARLIEST RETURN TO NORMAL ACTIVITIES
22 (Day 12 continue monitoring symptoms)	23 (Day 13 continue monitoring symptoms)	24 (Day 14 continue monitoring symptoms)	25 ALTERNATIVE RETURN TO NORMAL ACTIVITIES IF FOLLOWING 14 DAY QUARANTINE	26	27	28

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

