

Close Contact and Quarantine Information for Students and School Staff After Exposure to COVID-19

1. What is considered close contact/exposure?

Close contact is defined as being closer than 6 feet for more than 15 cumulative minutes in a 24 hour period.

2. Do I need to quarantine? What does that mean?

YES, you do need to quarantine for 14 days from your last contact with the infected person.

Quarantine means that you cannot go anywhere that you will be in contact with people outside your household.

3. How can I protect my household members from becoming infected?

There are several things you can do to prevent your family from becoming infected:

- If possible, avoid being in the same room as household members at all times.
- Have food brought to your bedroom door, or prepare food when others are not in the kitchen.
- Wash your hands frequently and wipe down common surfaces, such as counter tops, refrigerator handles, and bathroom fixtures after use. Wear a mask in any common areas of the house.

4. If I have a negative COVID test, can I be released from quarantine sooner than 14 days?

A negative COVID test does NOT shorten the length of quarantine. This is because it can take that full 14 days after infection before you have enough virus to be detected on a test.

5. Should I get tested at all? If so, when?

You do not need to get tested unless you develop symptoms of COVID. If you do choose to get tested, you should wait at least 7 days after exposure to increase the likelihood of the test detecting infection – but as mentioned above, a negative test does not shorten the length of quarantine.

6. What do I do if I develop symptoms?

Symptoms of COVID-19 may be very mild, and you may have only a couple symptoms or many.

Symptoms may include cough, fever, shortness of breath, sore throat, headache, chills, muscle aches, fatigue, nausea, vomiting, diarrhea, runny nose, congestion, or loss of taste or smell.

If you develop any symptoms of illness, contact your doctor to ask about getting tested.

7. Will the health department be calling me?

Possibly. When there are a large number of exposed individuals the health department may not be able to call each person. However, if you have any questions you can speak to someone on the health department's COVID team by emailing hotline@bldhd.org or calling 231-882-2197.

You will likely receive a call or text from the Michigan COVID Help Team or from 1-866-806-3447.

Please answer the call. The COVID Help Team will check in with you daily by text or phone (whichever you prefer) to see how you are doing.

8. Where can I find more information about COVID-19

Cdc.gov/coronavirus

Michigan.gov/coronavirus

www.bldhd.org

Benzie-Leelanau District Health Department: hotline@bldhd.org or 231-882-2197