



## **When do I need to be quarantined at home?**

Quarantine means that you stay at home and are not around anyone other than your household members. You need to be in quarantine for 14 days after exposure to COVID-19.

Exposure to COVID-19 that requires quarantine includes:

- Close contact with someone with diagnosed/confirmed COVID-19 illness within the past 14 days.
- International travel to a country with widespread COVID-19 within the past 14 days. Currently this includes China, Iran, South Korea, Europe, United Kingdom and Ireland. See the updated list at: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html>

You DO NOT need to be quarantined if:

- You were in a public place such as a store, and briefly walked by someone who later was diagnosed with COVID-19.
- You are a 'contact of a contact'. For example, you had lunch with Jane (and neither of you had any symptoms). The next day Jane tells you a household member was just diagnosed with COVID-19. Jane will need to be in quarantine, but you do not.

If you have questions about whether you should be in quarantine, contact your local health department.

**The Benzie-Leelanau District Health Department's COVID-19 Information line is 231-882-2197.**