



Benzie County Office
6051 Frankfort Hwy, Ste 100
Benzonia, MI 49616

Phone: 231-882-4409
Fax: 231-882-0143

www.bldhd.org

Leelanau County Office
7401 E. Duck Lake Rd
Lake Leelanau, MI 49653

Phone: 231-256-0200
Fax: 231-882-0143

PERSONAL HEALTH DIVISION

For Immediate Release
December 28, 2021

New quarantine and isolation strategies released by CDC, MDHHS

Following guidance from the Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS), the Benzie-Leelanau District Health Department is adopting the strategy released by the CDC December 27 for quarantine and isolation effective immediately.

According to the [CDC news release](#), given what is currently known about COVID-19 and the Omicron variant, the CDC shortened the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of the illness, generally in the 1-2 days prior to the onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

Additionally, the CDC is updating the recommended quarantine period for those exposed to COVID-19. For those people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure.

Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. Please [see this graphic](#) for a summary of the new guidance.

“We know these changes may be confusing and people may have unanswered questions at this time,” said Lisa Peacock, Health Officer for the Benzie-Leelanau District Health Department. “It will also take the state and local health departments time to update documents on their websites and other printed materials. We ask for the public’s patience as we, too, adapt to these new quarantine and isolation strategies,” she said. “In the meantime, we urge you to make good decisions for your health, and the health of your family and community members.”

Peacock also added that these strategies emphasize the importance of being vaccinated, getting your booster, and wearing a well-fitting mask.

“The key to these new quarantine and isolation strategies released by the CDC is to follow good preventive measures – and that means getting vaccinated including your booster shot, maintaining a safe distance from others, and wearing your mask,” Peacock said.

Isolation refers to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others.

Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.

For a list of vaccine providers and locations in Leelanau and Benzie counties, click [here](#). To schedule a COVID-19 vaccination appointment with the Benzie-Leelanau District Health Department exclusively for children 5 to 11 years old, call 231-256-0200. To schedule a COVID-19 vaccination appointment with the health department for anyone 12 and older, [click here](#). A parent/guardian must accompany those younger than 18 to a COVID-19 clinic. Please bring an insurance card to the appointment. Anyone with questions or unable to find a time or date that works for them and/or their child may call the health department at 231-256-0200.

Media Contact:

Rachel Pomeroy, PIO

231-882-6085

RPomeroy@bldhd.org

###