CDC guidelines for the general population:
Note: if you have had COVID-19 in the last 90 days, you do not need to quarantine if exposed.

If you...

- are fully vaccinated and have gotten a booster, OR
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, OR
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, OR
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure.

Then you should...

- Wear a well-fitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If negative, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

If you...

- are not vaccinated, OR
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, OR
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, OR
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

Then you should...

- Stay home (quarantine) for 5 days. Then continue to wear a well-fitting mask around others for 5 more days.
- If you can't quarantine, you must wear a mask around others for 10 days. Keep activities to essential tasks only.
- Get tested (PCR or rapid antigen) on day 5, if possible. If positive, follow isolation guidance.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If negative, stay home until symptoms resolve. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

A well-fitting mask is one that covers your nose and mouth and fits snugly on the sides. A surgical, KN95, or N95 mask is best.

Additional recommendations from the Benzie-Leelanau District Health Department:
Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- In high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people)
  - Consider staying home/quarantining for a full 10 days after exposure

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.

Last updated 1/6/2022. Information is subject to change at any time.
How to count quarantine or isolation days after testing positive or being exposed to COVID-19

### IF YOU TEST POSITIVE

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<td>Day 0</td>
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<td>Day 3</td>
<td>Day 4</td>
<td>Day 5</td>
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You get a positive test result or start having COVID symptoms. Start isolation.

Day 7
Day 8
Day 9
Day 10
Day 11

If you have no symptoms or if symptoms are resolving, this could be last day of isolation

*Continue to wear a well-fitting mask when around others until Day 11

**BLDHD recommendation:** if you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation.

*If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

### IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...
- are fully vaccinated and have gotten a booster, OR
- got your 2nd dose of Pfizer or Moderna vaccine within the last 6 months, OR
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, OR
- are under age 18 and completed your 2nd dose of Pfizer more than 14 days before exposure, OR
- had a confirmatory positive COVID test in the last 90 days,

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<td>Day 3</td>
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You're exposed. Ensure to wearing well-fitting mask around others.

Day 7
Day 8
Day 9
Day 10
Day 11

Get tested on this day if possible.

Masking is no longer required but strongly recommended

**BLDHD recommendation:** if high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

*If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

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*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.

Last updated 1/6/2022. Information is subject to change at any time.
IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...
- are not vaccinated, OR
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 6 months ago and have not gotten a booster, OR
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<tbody>
<tr>
<td>You're exposed. Stay home (quarantine).</td>
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<td>Day 1</td>
<td>Day 2</td>
<td>Day 3</td>
<td>Day 4</td>
<td>Get tested on this day if possible.</td>
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<td>You can end quarantine. Keep wearing a well-fitting mask around others.</td>
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BLDHD recommendation: in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g. Immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

As of Jan. 2, Benzie and Leelanau counties are still at a high level of COVID-19 transmission. Everyone should wear a well-fitting mask in indoor public spaces.

*These are guidelines for the general population. Certain settings like schools and health care facilities may have additional guidance.

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