

Isolation & Quarantine Guidance in the Post-Surge Recovery Phase

| | Who is Impacted | Public Health Recommendations |
|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <h3>Isolation</h3> <p>Has COVID-19</p> | Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status. |  Isolate at home for 5 days; and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10).* <i>If positive with no symptoms, monitor for symptoms for 10 days as well.</i>  |
|  <h3>Quarantine</h3> <p>Exposed to COVID-19</p> | Personal or household contact , regardless of vaccination status, exposed to someone with COVID-19 (see definition below). |  Monitor symptoms for 10 days.  Test 3-7 days after exposure or if symptoms develop.  Wear a mask around others for 10 days after exposure.**  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.*** |
| | Other exposure (from community, social, work setting). |  Monitor symptoms for 10 days.  Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals.***  Test if symptoms develop. |

* If a mask cannot be worn, recommend 10 days of home isolation.
 ** If a mask cannot be worn, individual should home quarantine for 10 days. A Test to Stay protocol may also be developed in partnership between school and local health department.
 *** Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.
Personal/household contacts include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.


Michigan Department of Health & Human Services

ISOLATION

- **Any individual who tests positive for COVID-19 and/or displays [COVID-19 symptoms](#) (without an alternate diagnosis or negative COVID-19 test) should isolate regardless of vaccination status:**
 - Isolate at home for the first 5 days (starting with the day after symptoms began or day after test was taken for those without symptoms); and
 - If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask, for the next 5 days to protect others.

AND

- If individual has a fever, stay home until fever free for a period of 24 hours without the use of fever reducing medications before returning to normal activities while wearing a well-fitted mask, until the 10-day period is complete.

OR

- Isolate at home for 10 days if unwilling/unable to wear a mask.

NOTIFICATION OF CONTACTS

- Individuals who test positive for COVID-19 should also [notify others whom they had contact](#) with during the time they were contagious (beginning 2 days before symptoms started or testing positive if no symptoms are present).
- Prioritize notification of individuals who are personal/household contacts* and immunocompromised or high-risk individuals.
- Individuals exposed would then follow the below guidance on QUARANTINE.

QUARANTINE

Quarantine guidance may be adjusted to respond to and control outbreaks within unique settings as needed. Local communities and individuals should work with their local health departments for outbreak response and follow additional quarantine recommendations as situations dictate to maintain a safer environment for community members.

- **Individual is exposed to someone who is positive for COVID-19 and:**
 1. Exposure is to a **personal/household contact***:
 - Conduct symptom monitoring for 10 days; and
 - Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
 - Wear a well-fitting mask for 10 days from the date of last exposure to protect others (home quarantine is an alternative for those who are unable or unwilling to mask); and
 - Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals** for 10 days from the date of last exposure
 2. Exposure is to other type of contact (from a community, social or work setting)
 - Conduct symptom monitoring for 10 days; and
 - Test if symptoms develop; and
 - Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others. At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals

***Personal/Household contacts** include individuals you share living spaces with, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...). This would include exposure in childcare settings for those under 2 years of age.