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## COVID-19 quarantine guidance updated

Ithaca, Stanton, St. Johns- Mid-Michigan District Health Department is changing its COVID-19 quarantine guidelines to align with those made by the Centers for Disease Control and Prevention (CDC) on December 2, 2020.

The previous 14-day quarantine period was based on earlier data that estimated the COVID-19 incubation period. However, recent data found 90 to 99 percent of COVID-19 infections occur within 10 days of exposure.

While the 14-day quarantine period for those who have been exposed to COVID-19 is still standard, it can be reduced to 10 days if the following two conditions are met:

- The individual does not develop any symptoms or clinical evidence of COVID -19 infection during the 10 days after their last exposure.
- The individual continues to monitor for symptoms for 14 days after their last exposure. If symptoms develop, they should get tested and self-isolate while waiting for their results. Testing locations can be found at [www.michigan.gov/coronavirustest](http://www.michigan.gov/coronavirustest) or by calling 211. If you test positive for COVID-19 you should follow home isolation guidelines. If you test negative, you still need to complete the 14-day quarantine.

Individuals exiting quarantine should continue to social distance, wear a mask, and avoid crowds.

The shortened quarantine period should be considered with caution for those living or working in congregate living settings or those working with high-risk individuals due to the increased risk of transmission with the shortened quarantine. Refer to [the Centers for Disease Control and Prevention \(CDC\)](#) for information regarding these risks. There may be conflicts in the length of quarantine for employers who fall under [Michigan Public Act 238](#) or [Michigan Occupational Safety and Health Administration](#) rules. Employers should refer to these sources when determining whether employees need to wait 14 days to return to work.

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*We take action to protect, maintain and improve the health of our community.*

*Advancing innovative solutions to achieve healthier outcomes*