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Health department shortens quarantine

Ithaca, Stanton, St. Johns- Nearly one month ago a dramatic rise in COVID-19 cases prompted the Michigan Department of Health and Human Services to reinstate a 14-day quarantine for close contacts of those with COVID-19.

Throughout this surge the Mid-Michigan District Health Department (MMDHD) has exercised the highest level of caution by maintaining the gold standard of a 14-day quarantine for close contacts as it provides the lowest risk of transmission of COVID-19 to others.

A review of local data shows case rates and test positivity rates are trending downward, which is welcome news. These findings, along with the knowledge that quarantining for two weeks causes a disruption in education and a hardship for some families has led MMDHD to reduce the number of required quarantine days.

While a 14-day quarantine period is still recommended, it may be shortened to 10 days if the person remains symptom free and continues to monitor themselves for any sign of COVID-19 illness. This change goes into effect Wednesday, May 5, 2021. Anyone who is in a 14-day quarantine on or after May 5 can reduce it to 10 days.

MMDHD has notified Traceforce, the contact tracing program for the State of Michigan, of the quarantine change. However, errors are expected for several days as the quarantine change is implemented in the Traceforce system. We apologize in advance if you receive a letter or message from Traceforce stating that your quarantine period is 14 days instead of 10.

As a reminder, proof of antibodies or a negative COVID-19 test result during quarantine will not reduce or end quarantine. The only people excluded from quarantine are those who have been infected with COVID-19 within the last 90 days or are fully vaccinated for two or more weeks prior to exposure.

MMDHD is asking community members to continue efforts to slow the spread of COVID-19. Washing your hands frequently, staying at least six feet away from others not in your household, not attending large gatherings, and wearing a mask can make a big difference. And, if you have not been vaccinated, be sure to visit our website, www.mmdhd.org, to make an appointment.

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot, and Montcalm Counties.

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

Advancing innovative solutions to achieve healthier outcomes

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