



DISTRICT HEALTH DEPARTMENT NO. 2

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MEDIA RELEASE

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Isolation and Quarantine Reminders for COVID-19

With the increase of COVID-19 cases in the area, District Health Department No. 2 (DHD2), would like to inform area residents that if you test positive, you may not receive a call from the health department right away. Due to this, DHD2 would like to offer the following information on when to isolate if you test positive and when to quarantine if you are identified as a close contact.

Isolation:

When a person tests positive for COVID-19, they should isolate immediately and remain in isolation until the following are met:

- If you have a fever, 24 hours have passed since the fever has stopped without the use of fever reducing medications.
 - Symptoms are improving.
 - 10 days have passed since the following:
 - If you have symptoms, the date the symptoms first appeared.
- OR
- The date the COVID-19 test was conducted.
 - If symptoms develop after the test date, follow the above guidance

Close Contacts:

A person who tests positive should also work to notify their close contacts in order to allow them to begin to quarantine. Close contacts are defined as:

- Anyone within 6 feet of a COVID-19 positive individual for at least 15 minutes in a 24-hour period.

Quarantine:

If you are a close contact of a COVID-19 positive individual, you should quarantine for 10 days after your last contact with the individual. Once returned to normal activities after 10 days, it is recommended to wear a mask in public settings for 4 days. The Centers for Disease Control and Prevention recommendations do offer a test out of quarantine option at day 7 if there was a negative test administered on day 5 of quarantine or later.

If you have had COVID-19 in the last 90 days, you do not need to quarantine, however, monitor for symptoms.

For explanations and several scenarios with illustrations for help calculating days of quarantine, visit https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%252

Vaccinated Individuals:

Vaccinated individuals with an exposure to someone with COVID-19 do not need to quarantine if they meet all of the following criteria:

- Are fully vaccinated (2 weeks after receiving the second dose of a 2 dose series or 2 weeks after a single dose vaccine).
- Do not have symptoms.
- Monitor for symptoms for 14 days.

District Health Department No. 2 is reminding residents of the following steps they can take to help prevent the spread of COVID-19:

- Get vaccinated if you are able; to find a location visit www.dhd2.org/covid-19 or www.vaccines.gov
- Wear a mask when in indoors and at crowded outdoor settings
- Wash your hands and use hand sanitizer
- Maintain social distancing whenever possible
- Stay home if you are sick
- Get tested for COVID-19 if you are showing symptoms. To find a testing location visit: <https://www.solvehealth.com/search?cobrandedSrpLocation=MI>.