



### Identifying Close Contacts

A person with COVID-19 is considered contagious starting 2 days (48 hours) before they started having symptoms. If they never have symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 nasal/throat swab test was performed. Close contacts to a person with contagious COVID-19 are at risk of getting sick and becoming contagious/infectious. They should be identified and quarantined. The below guidance aligns with current CDC recommendations.

**Quarantine:** A 14 day waiting period for people who are known to have been exposed to COVID-19. During quarantine, individuals stay home and away from others as much as possible to prevent disease transmission.

### Options to shorten quarantine:

1. Quarantine can end after day 10 without testing AND if no symptoms have been reported
2. When diagnostic testing resources are sufficient and available, quarantine can end after day 7 if the diagnostic PCR test is negative and no symptoms are reported during the quarantine period. The specimen may be collected on day 5 (or later), with the end of quarantine after day 7 (or later).
  - Continued monitoring of symptoms and masking through day 14 for either option above.

**Isolation:** People who are sick with COVID-19 stay home except to get medical care for at least ten days while they recover.

**Close contact:** For COVID-19, a close contact is someone that has been within 6 feet (about 2 arms' length) of an infected person for at least 15 minutes, or for a total of 15 minutes in a 24 hour period, with or without a face covering.

- **Close Contact exemption in the K-12 indoor classroom setting** excludes students who are within 3-6 feet of an infected student if both the infected student and the exposed student correctly and consistently wore well-fitting masks the entire time.

### Close Contacts Quarantine

People who know they were a close contact of a person with COVID-19, should immediately quarantine; However ***quarantine is no longer recommended after exposure*** for:

1. Individuals who have been fully vaccinated and have no symptoms. Fully vaccinated- 14 days after the second dose of a two dose series (Pfizer, Moderna) or 14 days after the one dose of a one dose series (Johnson & Johnson).
2. People who were previously diagnosed with COVID-19 within the last three months.

Local health departments conduct case investigation and contact tracing, as able, to identify and quarantine close contacts of individuals who have COVID-19. With the virus spreading widely throughout the state, it is not possible to contact everyone who has been exposed to COVID-19. Other than notification from a school or workplace, individuals may also find out they have been exposed to the virus through a notification through the MI COVID Alert app., or through a call received by the local health department or contact tracer.