



MOST RECENT EXPOSURE:

Out of Quarantine End of School Day:

End of School Day on 10-Day Period to Watch for Symptoms:

Grand Traverse County Health Department (GTCHD) has received information **identifying you as a close contact to a school related positive case of COVID-19**. The CDC now recommends that close contacts quarantine for 5 days after the most recent date of known exposure (Note: day 0 is the last day of exposure). This is in part because the risk of spread is highest in the first 5 days.

Close Contacts of a COVID-19 case *do not need* to quarantine at home if they:

- Had confirmed COVID-19 within the last 90 days; and/or
- Are up to date on [all recommended COVID-19 vaccines](#) for which they are eligible
- These contacts should still monitor their symptoms and “Mask to Stay” for 10 days from the date of last exposure.

Close contacts of a COVID-19 case who do not meet the criteria above *need* to quarantine OR may test to stay and/or mask to stay. Exposed individuals may:

- Home quarantine for days 1-5, if feasible test on day 5, AND mask for days 6-10; or
- “Test to Stay” for days 1-5 AND “Mask to Stay” for days 1-10; or
- Home quarantine for days 1-10 if unable (or unwilling) to mask

Students and staff should monitor for symptoms throughout the quarantine period (days 1 through 10). Note: day 0 is the last day of [exposure](#). If symptoms develop, get tested and follow recommendations for isolation.

Test to Stay: test every other day for 6 days following the exposure and consistent and correct use of a well-fitted mask.

Mask to Stay: is the consistent and correct use of a well-fitted msk when around others and in school and public settings.

All close contacts, regardless whether or not they should quarantine, should:

- Wear a [well-fitting mask](#) when around others for 10 days from the date of their most recent known exposure (day 0 being the last day of exposure).
- [Get tested](#) at least 5 days after their most recent exposure to someone with COVID-19, unless they had tested positive for COVID-19 in the last 90 days.
- Watch for [symptoms of COVID-19](#) such as fever (100.4 F or greater), cough, shortness of breath.
 - Anyone that tests positive or develops any COVID-19 symptoms should isolate from other people and follow recommendations for [isolation](#).
- Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

Individuals returning after 5 days of quarantine are to stay masked at all times indoors. This includes ALL indoor activities, such as gym, athletics, band, choir, etc. Any activity that cannot comfortably and safely be done while wearing a well-fitted mask must not be done until the full 10 days has passed.

As a close contact or parent of a close contact, we encourage you to speak with your primary care physician or trusted health advisor about the advantages and disadvantages of quarantine.

The complete list of symptoms are listed on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. If you have any of the symptoms above, GTCHD recommends contacting your healthcare provider, or if you do not have a health care provider, to follow up with a local clinic or urgent care center, or go to https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912---,00.html to find the closest location to be tested.

Testing Options in Grand Traverse County:

If you choose to be tested, you can find a list of testing locations at: <https://www.gtcountymi.gov/2496/COVID-19-Testing-Information>

If you have questions regarding quarantine, you may contact GTCHD at 231-995-6803 or schoolscovid19@gtchd.org