OAKLAND
C O U N T Y   M I C H I G A N
HEALTH DIVISION
DAVID COULTER
OAKLAND COUNTY EXECUTIVE

CORONAVIRUS
COVID-19

CLOSE CONTACT QUARANTINE GUIDELINES

Updated 8/11/21

Quarantine keeps someone who might have been exposed to COVID-19 away from others. It helps prevent the spread of disease that can occur before a person knows they are infected with a virus. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from the health department.

WHO NEEDS TO QUARANTINE?

People who have been in close contact with someone who has COVID-19 — excluding people who are fully vaccinated or have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months if they remain symptom-free. Those who develop symptoms again within 3 months of their first COVID-19 positive test may need to be tested again if no other cause is identified for their symptoms.

WHO IS A CLOSE CONTACT?

Someone who has had the following contact with a COVID-19 positive individual:

• Within 6 feet for a total of 15 minutes or more
• Provides care at home to someone who is sick with COVID-19
• Direct physical contact with the person (hugged or kissed them)
• Shared eating or drinking utensils
• Sneezed, coughed, or came in contact with the person's respiratory droplets

Stay home and monitor your health

• Stay home for 14 days after your last contact with a person who has COVID-19.
• The quarantine period may be reduced from fourteen (14) days to ten (10) days if the below requirements are followed by the exposed individual:
  - The individual does not develop symptoms or show clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after last exposure; and;
  - Daily symptom monitoring and mask wearing continues through day 14 after the last exposure.
• Watch for symptoms including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
• Maintain physical distance (at least 6 feet) from others (even family and roommates), especially those who are at higher risk, at all times.

WHEN TO START AND END QUARANTINE

Even if you test negative for COVID-19 or feel healthy, continue to stay home (quarantine) since symptoms may appear 2 to 14 days after exposure.

SCENARIO 1: Close contact with someone who has COVID-19—will not have further close contact

I had close contact with someone who has COVID-19 and will not have further interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

• Your last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine.

mon	tue	wed	thu	fri	sat	sun	
		1	2	3	4	5	Reduced quarantine period
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	Last day of quarantine
20	21	22	23	24	25	26	
27	28	29	30	31	14 DAY QUARANTINE		

Last close contact with person who has COVID-19 → 1

Date of last close contact with person who has COVID-19 + 10 days = Reduced quarantine period.
(This option can be used if the individual does not develop symptoms or show clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after last exposure; and daily symptom monitoring and mask wearing continues through day 14 after last exposure.)

SCENARIO 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

• Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 14 days = end of quarantine.

| mon	tue	wed	thu	fri	sat	sun	
		1	2	3	4	5	Reduced quarantine period
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	Last day of quarantine
20	21	22	23	24	25	26	
27	28	29	30	31	14 DAY QUARANTINE		

Person with COVID-19 starts home isolation → 1

Date of last close contact with person who has COVID-19 + 10 days = Reduced quarantine period.
(This option can be used if the individual does not develop symptoms or show clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after last exposure; and daily symptom monitoring and mask wearing continues through day 14 after last exposure.)

SCENARIO 3: Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 14-day quarantine period. I had close contact with the sick person during my quarantine or another household member got sick with COVID-19.

- Restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, quarantine must begin again.
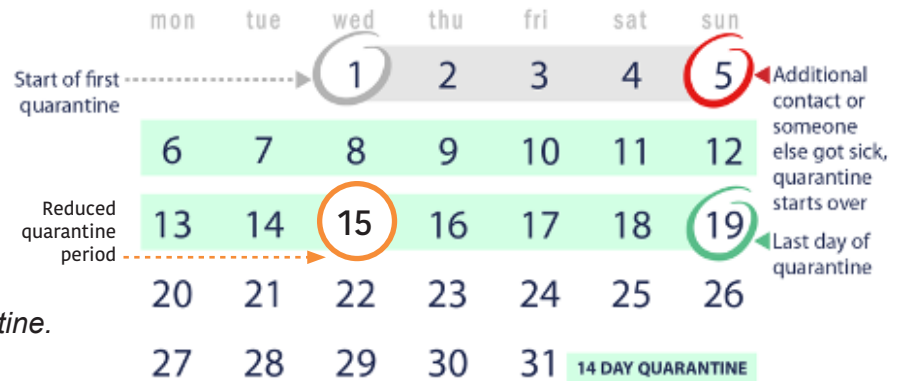
Date of additional close contact with persons who has COVID-19 + 14 days = end of quarantine.

	mon	tue	wed	thu	fri	sat	sun	
Start of first quarantine			1	2	3	4	5	Additional contact or someone else got sick, quarantine starts over
	6	7	8	9	10	11	12	
Reduced quarantine period	13	14	15	16	17	18	19	Last day of quarantine
	20	21	22	23	24	25	26	
	27	28	29	30	31	14 DAY QUARANTINE		

Date of additional close contact with person who has COVID-19 + 10 days = Reduced quarantine period.
(This option can be used if the individual does not develop symptoms or show clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after last exposure; and daily symptom monitoring and mask wearing continues through day 14 after last exposure.)

SCENARIO 4: Live with someone who has COVID-19 and cannot avoid continued close contact.

I live in a household where I cannot avoid close contact with the person who has COVID-19. I provide direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

- Avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

Date the person with COVID-19 ends home isolation (minimum of 10 days + 14 days = end of quarantine).

	mon	tue	wed	thu	fri	sat	sun	
Person is sick/ has COVID-19	30	31	1	2	3	4	5	
	6	7	8	9	10	11	12	Reduced quarantine period
Criteria met to end home isolation	13	14	15	16	17	18	19	
	20	21	22	23	24	25	26	Last day of quarantine
	27	28	29	30	31	14 DAY QUARANTINE		

Date of the person with COVID-19 ends home isolation (minimum of 10 days + 10 days = Reduced quarantine period
(This option can be used if the individual does not develop symptoms or show clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after last exposure; and daily symptom monitoring and mask wearing continues through day 14 after last exposure.)

NURSE ON CALL PUBLIC HEALTH INFORMATION
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH

@PUBLICHEALTHOC

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