

## **COVID-19 Exposure Protocols**

*January 21, 2022*

Based on having a positive exposure to COVID-19, the CDC has changed quarantine recommendations as of Dec 28, 2021, to be the following:

### **If you test positive, regardless of vaccine/booster status:**

1. Stay home for five (5) days.
2. If you have no symptoms or symptoms are resolving after five (5) days, you can leave your house. To be clear, this means symptoms are markedly improving or have resolved, not that you just "feel better".
3. Continue to wear a mask when around anyone for an additional five (5) days - 10 days total from the positive date.

### **If you were exposed to someone with COVID-19 if you have been vaccinated and boosted:**

1. Wear a mask around others for ten (10) days.
2. Test on day 5, if possible.
3. If you develop symptoms, get tested, and stay home.

### **If you were exposed to someone with COVID-19 and only had the primary series of vaccines and not boosted or are unvaccinated:**

1. Stay home for at least five (5) days. After five days, continue to wear a mask around anyone for an additional five (5) days - ten (10) days from exposure.
2. Test on day five (5) if possible.

All of this is contingent on you wearing a mask for the full ten (10) days when around anyone.

However, the Michigan Department of Health & Human Services (MDHHS), along with several other states are not changing their current guidelines based on the CDC December 2021 update. We recommend the following:

### **If you test positive:**

1. Isolate yourself - this is different than quarantine. This means isolating from others in the home and wearing a mask when around anyone, including family members.
2. Tell others that have been in close contact for more than 15 minutes to quarantine if they are unvaccinated or having any symptoms they get tested if having symptoms. They should also test on day 5, if not having symptoms.
3. You can resume normal activities after ten (10) days from the onset of symptoms. If you did not experience any symptoms, normal activities can begin ten (10) days from the positive test date. You must also be fever-free for at least 24 hours without taking fever-reducing medication and other symptoms, such as shortness of breath and cough have improved. You may have a lingering cough for several weeks and fatigue.

**If you were exposed (close contact to someone with COVID-19 and have been fully vaccinated:**

1. You do not need to quarantine but the recommendation is to get tested on day 4 or day 5 from exposure.
2. Wear a mask when around others for 14 days.

**If you were exposed (close contact) and are not vaccinated or not fully vaccinated:**

1. Start quarantine right away for ten (10) days and monitor for symptoms.
2. If symptoms develop, get tested.