

Procedures for when to Quarantine



My child has been exposed to COVID-19 - now what?

What is quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. With COVID-19, quarantine is typically 14 days from the last known exposure to a person with the virus.

Why is my child being told they need to quarantine?

Your child may be told to quarantine if they came into close contact with someone who has COVID-19. Close contacts are defined as when:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more when they could have been contagious with the virus; or
- You shared **eating** or **drinking** utensils with someone who has COVID-19; or
- You had direct physical contact with a person with COVID-19 (hugging/kissing); or someone with COVID-19 sneezed, coughed, or got respiratory droplets on you (e.g. shouting, singing).

My child's school told me that the health department would call me with more information. When will the health department contact me?

The Midland County Department of Public Health is making every effort to determine for each Midland County case who has been exposed and may need to quarantine. We work closely with schools to identify in-school close contacts, but rely on the COVID positive person to share their out-of-school close contacts. It may take **48-72 hours** for the health department to contact you: **please be patient**. Read more about the health department's process for case investigation and contact tracing on the next page.

Should I have my child tested for COVID-19?

After a COVID-19 exposure, testing is not recommended until you start experiencing symptoms or its been a minimum of 6-7 days after the last known exposure for adults and 7-8 days after last known exposure for children. It can take several days for the virus to "incubate" in your body so that the COVID-19 test result would show as positive; testing too early can lead to a false negative result.

Can I get out of quarantine with a negative test?

Early exit of a quarantine period with a negative test result is not permitted. Symptoms may develop up to 14 days after your exposure and it's important to wait the entire time.

Questions?

Visit <https://co.midland.mi.us/HealthDepartment.aspx>

What is the process for contact tracing?

Last revised 11.10.20

- ❖ The Midland County Department of Public Health receives a report very soon after someone has tested positive in Midland County. **Please note: the individual that tests positive will likely receive the message before the health department either from their doctor or through their electronic medical chart.**
- ❖ The Health Department calls every Midland County resident who tests positive for COVID-19 to conduct a "case investigation", or an interview to understand the people with whom they had close contact while they were contagious and to guide them through the 10-day isolation period. Information about close contacts of students or staff is also provided by the school.
- ❖ After working with the individual who tested positive and the school, the list of the close contacts considered exposed is passed to a contact tracer. The contact tracers notify all close contacts of their potential exposure and provide instructions for the 14-day quarantine period.
- ❖ Please remember the health department is working through hundreds of cases and you will receive a call but it **may take 48-72 hours**. If you test positive, start your isolation period right away. If you know you are a close contact, stay at home in quarantine starting immediately and await further instructions from our team.

If my child is a close contact to someone who tests COVID positive, does the rest of my family need to quarantine?

Family members of quarantine individuals, such as parents or siblings, do not need to quarantine. Only people who have had direct, personal contact with a person who tests positive for COVID needs to quarantine. However, if your child develops symptoms of COVID-19 while on quarantine, they will be considered a probable case and household members may be asked to quarantine until test results are obtained.

Questions?

Midland County Department of Public Health: co.midland.mi.us/HealthDepartment

COVID19 Michigan Department of Health and Human Services: michigan.gov/coronavirus

Centers for Disease Control & Prevention: cdc.gov/coronavirus

What To Do While On Quarantine

Stay at home.



Watch for other symptoms.



Check your temperature.



Limit interaction with others, even in your own home
(stay six feet apart and wear masks).

