

# ISOLATION & QUARANTINE GUIDANCE FOR MICHIGANDERS in RECOVERY PHASE

[Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

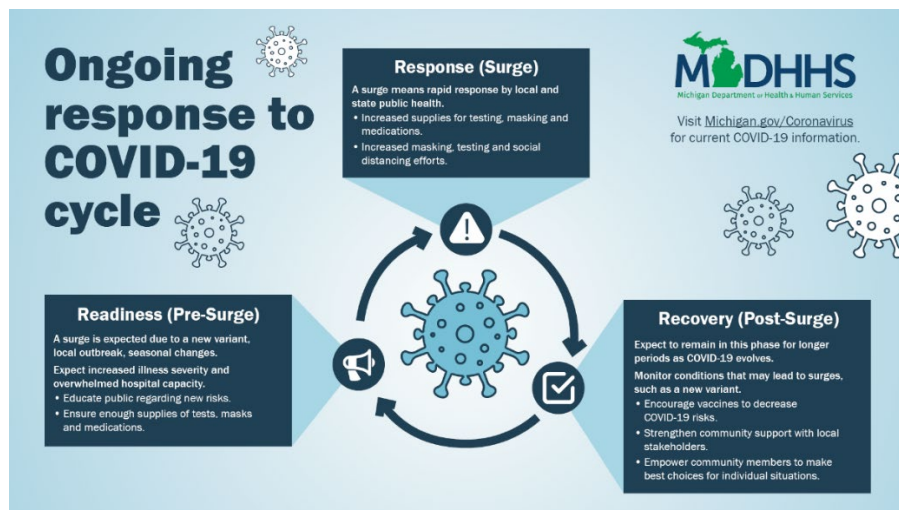
Updated: March 11, 2022

Based on current conditions, MDHHS is updating Isolation & Quarantine guidance for the general public, which now includes school settings. This update does **not** change guidance for healthcare, long-term care, corrections, and other high-risk settings; these entities should continue to follow existing guidance. We continue to strongly urge all residents ages 5 and older get the safe and effective COVID-19 vaccine and to get boosted when eligible as the vaccine continues to be our best defense against the virus.

Moving forward, the COVID-19 response cycle can be broken down into three key phases:












- **Response** – Local and state public health implement rapid response to a surge. The public may be advised to increase masking, testing and social distancing.
- **Recovery** – Post-surge. No immediate resurgence predicted. Local and state public health will monitor conditions that could lead to future surges.
- **Readiness** – A surge in cases is expected, with implications on severity of illness and hospital capacity. Increased communication to the public regarding possible new risks.

MDHHS supports adjusting isolation & quarantine recommendations as we cycle through periods of response, recovery and readiness and following local health department decisions based on local conditions. Current case rates and hospitalizations, and increased access to vaccines, testing and therapies, indicate Michigan is entering a **post-surge recovery phase** of the cycle:




This Isolation and Quarantine Guidance is specific to the current post-surge recovery phase.

## Isolation & Quarantine Guidance in the Post-Surge Recovery Phase

	Who is Impacted	Public Health Recommendations
<b>Isolation</b> Has COVID-19	Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.	 Isolate at home for 5 days; and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitted mask, for 5 more days (ending after day 10).* <i>If positive with no symptoms, monitor for symptoms for 10 days as well.</i> 
 <b>Quarantine</b> Exposed to COVID-19	<b>Personal or household contact</b> , regardless of vaccination status, exposed to someone with COVID-19 (see definition below).	 Monitor symptoms for 10 days.  Test 3-7 days after exposure or if symptoms develop.  Wear a mask around others for 10 days after exposure.**  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.***
	Other exposure (from community, social, work setting).	 Monitor symptoms for 10 days.  Consider wearing a mask around others for 10 days after exposure; at a minimum, mask in settings with higher risk of exposing vulnerable individuals.***  Test if symptoms develop.

\* If a mask cannot be worn, recommend 10 days of home isolation.  
 \*\* If a mask cannot be worn, individual should home quarantine for 10 days. A Test to Stay protocol may also be developed in partnership between school and local health department.  
 \*\*\* Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings.  
**Personal/household contacts** include individuals who share living spaces, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual. This would include exposure in childcare settings for those under 2 years of age.

  
Michigan Department of Health & Human Services

### ISOLATION

- **Any individual who tests positive for COVID-19 and/or displays [COVID-19 symptoms](#) (without an alternate diagnosis or negative COVID-19 test) should isolate regardless of vaccination status:**
  - Isolate at home for the first 5 days (starting with the day after symptoms began or day after test was taken for those without symptoms); and
  - If symptoms have improved or no symptoms developed, return to normal activities, while wearing a well-fitted mask, for the next 5 days to protect others.

AND

- If individual has a fever, stay home until fever free for a period of 24 hours without the use of fever reducing medications before returning to normal activities while wearing a well-fitted mask, until the 10-day period is complete.

OR

- Isolate at home for 10 days if unwilling/unable to wear a mask.

## NOTIFICATION OF CONTACTS

- Individuals who test positive for COVID-19 should also [notify others whom they had contact](#) with during the time they were contagious (beginning 2 days before symptoms started or testing positive if no symptoms are present).
- Prioritize notification of individuals who are personal/household contacts\* and immunocompromised or high-risk individuals.
- Individuals exposed would then follow the below guidance on QUARANTINE.

## QUARANTINE

Quarantine guidance may be adjusted to respond to and control outbreaks within unique settings as needed. Local communities and individuals should work with their local health departments for outbreak response and follow additional quarantine recommendations as situations dictate to maintain a safer environment for community members.

- **Individual is exposed to someone who is positive for COVID-19 and:**
  1. Exposure is to a **personal/household contact**\*:
    - Conduct symptom monitoring for 10 days; and
    - Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
    - Wear a well-fitting mask for 10 days from the date of last exposure to protect others (home quarantine is an alternative for those who are unable or unwilling to mask); and
    - Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals\*\* for 10 days from the date of last exposure
  2. Exposure is to other type of contact (from a community, social or work setting)
    - Conduct symptom monitoring for 10 days; and
    - Test if symptoms develop; and
    - Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others. At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals

**\*Personal/Household contacts** include individuals you share living spaces with, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...). This would include exposure in childcare settings for those under 2 years of age.

**\*\*Activities with higher risk of exposing vulnerable individuals** may include activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregate settings.

## ROLE OF LOCAL POLICIES

There may be local isolation & quarantine guidance, policies and/or orders from local health departments, organizations, and/or school districts that must be followed. Policies established by event organizers and businesses may be instituted to fit the specific needs of their customers and should be followed.

## Isolation & Quarantine During Future Phases

In the current Recovery phase, Michiganders have many effective tools including vaccination, therapeutics, masking, and access to over-the-counter tests, which can help mitigate spread, along with isolation & quarantine guidance. Recommendations regarding isolation and quarantine may change as conditions evolve – such changes could include the presence of a new variant that increases the risk to the public, or an increased number of cases that strains the healthcare system.

## MDHHS continues to recommend the use of layered mitigation strategies for Michiganders:

- **Get vaccinated against COVID-19.** Michiganders should get up to date on their COVID-19 vaccine. Learn more about vaccines and when you're up to date at [Michigan.gov/COVIDVaccine](https://Michigan.gov/COVIDVaccine).
- **Therapeutics.** After testing positive for COVID-19, individuals who are unvaccinated, high-risk and/or are immunocompromised should talk to their doctors about whether they meet eligibility criteria for antibody or antiviral treatment to help with their recovery. Learn more about [COVID-19 Therapeutics](#).
- **Isolation and Quarantine.** Staying away from others when you are sick or were recently exposed to COVID-19 are important tools to preventing further spread of the virus. Learn more about [what happens when you have or are exposed to COVID-19](#)
- **Get tested if you are exposed or have symptoms.** Anyone with signs or symptoms of COVID-19 should get tested regardless of vaccination status or prior infection. Testing before large or crowded indoor gatherings provides an additional layer of protection. Find a test site at [Michigan.gov/CoronavirusTest](https://Michigan.gov/CoronavirusTest). Take additional steps to protect yourself and others. For additional guidance on mitigation strategies see [How to Protect Yourself and Others](#).
- **Mask Up to protect others.** Using a well-fitted mask during isolation and quarantine can greatly reduce the chance of spreading COVID-19 to others. Learn more about correct use of masking, understanding personal and household risk and current guidance at [Coronavirus - Mask Up, Michigan](#)