

ST. CLAIR COUNTY

QUARANTINE GUIDANCE

DATE: APRIL 5, 2021



Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.



Isolation separates sick people with a contagious disease from people who are not sick for a **MINIMUM** of 10 days.

Quarantine remains an important tool in containing the spread of COVID-19 and associated variants. Close contacts of a positive case (less than 6 feet apart for 15 minutes total) should quarantine. We advise the general public quarantine for 14 days from their last contact with an infected person. Remember, you cannot test out of quarantine. This option is safest for everyone given the growing concern about the variants, which have been identified in many individuals in St Clair County.

The St Clair County Health Department follows the MDHHS guidelines which has **NOT** adopted the CDC 7 day quarantine with testing as an option. This decision is based on the increasing cases and variants in Michigan. The CDC additionally states: “Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.”

No more 10 day quarantine option

SCCHD is advising anyone with a recent exposure to quarantine for the full 14 days, removing the 10 day option.

During quarantine:

1. Stay home except to get medical care.
2. Monitor yourself for symptoms.
3. Get tested if you develop symptoms.