

# 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, but the CDC has approved options for reducing the length of quarantine to 10 days if no symptoms are present.

### ***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;
- You shared **eating** or **drinking** utensils with someone who has COVID-19;
- You had direct physical contact with a person with COVID-19 (hugging/kissing);
- Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

### ***Can I get out of quarantine with a negative test? - UPDATED 12/2/20***

**New updated guidance from the CDC suggests that the quarantine period can be shortened to 10 days instead of 14, if no symptoms are present.** Based on this new research and to help reduce the burden on the public, quarantine can end after 10 days without a test.

The CDC allows for quarantine to end after 7 days if there has been a negative test during days 5-7 of the quarantine, but if you are not able to receive test results by day 7, you must continue to quarantine through day 10. Berrien County does not currently have the testing capacity to return test results within 48 hours for everyone; it is recommended that everyone complete minimally the 10 days of quarantine indicated for close contacts.

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

The Berrien County Health Department is making every effort to get through each Berrien County case to understand 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+ 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.

#### **Questions?**

Call 1.800.815.5485 or click [www.bchdmi.org/COVID19](http://www.bchdmi.org/COVID19)



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HEALTH DEPARTMENT**  
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## What is the process for contact tracing?

- The Berrien County Health Department receives a report very soon after someone has tested positive in Berrien 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 Berrien 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 COVID+ individual and the school, the people on the list of close contacts considered exposed are notified by either the school or the Health Department and provided instructions for quarantine.
- 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 are 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 or your child's school.

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

Family members of quarantine individuals, like parents or siblings, do not need to quarantine. Only people who have had direct, personal contact with a COVID+ person 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 confirmed.

## Questions?

Berrien County Health Department: 1.800.815.5485 or [bchdmi.org/COVID19](http://bchdmi.org/COVID19)

Michigan Department of Health and Human Services: [michigan.gov/coronavirus](http://michigan.gov/coronavirus)

Centers for Disease Control & Prevention: [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

## What To Do While On Quarantine

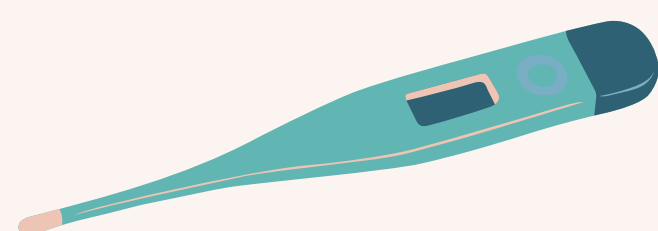
Stay at home.



Watch for other symptoms.



Check your temperature.



Limit interaction with others, even in your own home.

