

What to do when asked 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;
- 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.

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

The Allegan County Health Department is making every effort to get through each Allegan 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. **You may not hear from the Health Department right away.** 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 minimally 4-5 days after the last known exposure. It can take several days for the virus to "incubate", or build up, in your body so that the COVID-19 test result would show as positive.

Can I get out of quarantine with a negative test or for a big event?

The health department does not allow early exit of a quarantine period with a negative test result. Symptoms may develop up to 14 days after your exposure and it's safest to wait the entire time. Viral loads may not be high enough early in the incubation period to produce a positive result.





What is the process for contact tracing?

- The Allegan County Health Department receives a report after someone has tested positive in Allegan 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 Allegan 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 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 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.**

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?

Allegan County Health Department: 269-686-4546 or www.allegancounty.org/health

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.

