

District Health Department No. 4



Alpena County

100 Woods Circle
Suite 200
Alpena, MI 49707
(989) 356-4507
Fax (989) 356-3529
1-800-221-0294

Cheboygan County

Doris E. Reid Center
825 S. Huron St.
Suite 1
Cheboygan, MI 49721
(231) 627-8850
Fax (231) 627-9466

Montmorency County

P.O. Box 183
12519 State St.
Atlanta, MI 49709
(989) 785-4428
Fax (989) 785-2217

Presque Isle County

106 E. Huron St.
Suite A
Rogers City, MI 49779
(989) 734-4723
Fax (989) 734-3866

www.dhd4.org

Administrative Services
Alpena County
Office

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On December 2, the CDC updated its procedure for **quarantine**. Individuals that are exposed to a positive COVID19 case are asked to **quarantine**. Based on new research, and to help lessen the burden on our communities, **quarantine** periods **may** be shortened from 14 days to 10 days in specific situations. You can determine when an individual can return to work by the following guidance, which aligns with the [Michigan Public Acts of 2020, Act No. 238](#). While quarantine periods may end for other activities after 10 days if criteria are met, the above [Michigan Public Acts of 2020, Act No. 238](#) requires that all employees continue to quarantine from employment for 14 days.

While the standard 14 day quarantine period remains best practice, quarantine can be reduced to 10 days (except in the case of employment) if the following two conditions exist:

- The individual does not develop any symptoms or clinical evidence of COVID-19 infection during daily symptom monitoring for the 10 days after the last exposure;
and
- Daily symptom monitoring continues through day 14 after the last exposure

For explanations of several scenarios with illustrations of how to calculate the days, see <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

An individual or employee who tests positive for COVID-19 or displays the principal symptoms of COVID-19 is asked to **isolate**. There has been no change in isolation guidance. Individuals shall not resume normal activities or report to work until all of the following conditions are met:

- If the individual has a fever, 24 hours have passed since the fever has stopped without the use of fever reducing medications.
- Ten days have passed since either of the following, whichever is later:
 - The date the individual's symptoms first appeared.
 - The date the individual received the test that yielded a positive result for COVID-19.
- The individual's principal symptoms of COVID-19 have improved.
- **If they tested positive for COVID-19 but had no symptoms:**
 - Can return to normal activities when it has been:
 - 10 days since the date the positive test was performed
 - If symptoms develop after test date, then follow the guidance above for *"If symptoms were present..."*

It is very important to remember that the best way to reduce risk of further spread is to continue with a 14-day quarantine. Employers shall not discharge, discipline, or otherwise retaliate against an employee who complies with the above COVID-19 exposure guidance, displays symptoms of COVID-19 and does not report to work but later tests positive, opposes violations to the Public Act No. 238, or reports health violations related to COVID-19.

Employers must comply with guidance for return to work detailed in the [Michigan Public Acts of 2020, Act No. 238](#). Visit www.dhd4.org/covid19 for additional guidance or call DHD4 COVID-19 Hotline at 989-358-7936 or email covid19@dhd4.org.

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