

District Health Department No. 4

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Updated CDC Guidance Regarding Quarantine after Exposure for Vaccinated People

Recently, the CDC updated their guidance to say that **fully vaccinated people do not need to quarantine after possible or confirmed exposure to COVID-19.**

This applies only if three criteria are met:

- **It's been at least two weeks since your final vaccine dose,**
- **It's been within three months or 90 days of your final dose,**
- **And you are showing no symptoms.**

The CDC advises that anyone who does not meet those three criteria should follow the CDC's quarantine guidance of staying home and away from others for 10 days.

There was some confusion about why anyone who is three months out from their vaccination would need to quarantine.

The CDC spokesperson said that they chose three months because it aligns with the CDC's guidance on quarantine for people who have been naturally infected with COVID-19. They say they are also waiting for further data on how vaccination prevents transmission.

"We're not suggesting someone who is vaccinated cannot spread COVID-19 within the first 90 days of being fully vaccinated, nor are we suggesting that expected protection from COVID-19 vaccines wears off after 90 days."

The CDC says they plan to update their quarantine recommendations as more data become available and more vaccines are authorized for use in the U.S.

Michigan residents seeking more information about the COVID-19 vaccine can also visit Michigan.gov/COVIDvaccine.

Please remember, it is still crucial to continue to wear a mask, social distance, wash your hands regularly and limit your interaction with others outside of your household, even after receiving your vaccinations.

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