

District Health Department No. 4

For Immediate Release
Date: December 28, 2021

New quarantine and isolation strategies released by CDC, MDHHS

Following guidance from the Centers for Disease Control and Prevention (CDC) and the Michigan Department of Health and Human Services (MDHHS), District Health Department No. 4 (DHD4) is adopting the strategy released by the CDC on December 27th for quarantine and isolation effective immediately.

According to the CDC news release, given what is currently known about COVID-19 and the Omicron variant, the CDC shortened the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of the illness, generally in the 1-2 days prior to the onset of symptoms and the 2-3 days after. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

Additionally, the CDC is updating the recommended quarantine period for those exposed to COVID-19. For those people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure.

Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. Please see the graphic for a summary of the new guidance.

“Faithfully throughout the pandemic we have had fidelity to CDC guidance and recommendations. Continuing with such, and following the science, we remain nimble and transparent in this latest transition for COVID-19 and public health,” said Denise Bryan, Health Officer for District Health Department No. 2 and No. 4. “While these changes are substantial, they continue to emphasize the importance of proven prevention measures: getting vaccinated including a booster shot, maintaining safe distance from others, and wearing a mask,” she said. “Finally, as we wrap up the year and work to update the numerous COVID-19 documents and webpages, we ask for your patience.”

Isolation refers to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others.

Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.



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Administrative Services
Alpena County
Office

District Health Department No. 4



To find a COVID-19 vaccine near you click [here](#). To schedule a COVID-19 vaccination appointment with DHD4 call 800-221-0294. For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

Stay up to date on the latest information in the DHD4 jurisdiction by visiting our [COVID-19 page](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#).

Happy Holiday's – stay vigilant and stay safe.

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