



## What is considered a COVID-19 case?

There are two ways to be considered a COVID-19 case:

- **Positive case** is a lab-confirmed test for COVID-19.  
OR
- **Probable case**, sometimes called a presumptive positive, is when a close contact develops COVID-19 symptoms. You can also be considered a probable case if you have a positive antigen test (also known as a rapid test).

The CDC and State of Michigan's guidance is to treat both of these situations the same, which means you can be considered a close contact to either type of COVID-19 case.

## What happens when you are identified as a COVID-19 case?

- You will need to isolate **for 10 days** to prevent spreading the virus to other people.
- The health department will contact you by phone to determine who you have been in close contact with while you have been able to spread the virus to others.
- You are encouraged to notify people in your household and close contacts they have been exposed to the virus so they can immediately begin to quarantine.

## What is a close contact?

- Someone who has been within six feet for a total accumulated time of 15 minutes over a span of 24 hours.
- Someone who had direct physical contact with a COVID-19 case during their infectious period. This might also include sharing drinks or food utensils.
- You can still be a close contact even if both parties were wearing masks, so please remember to socially distance.

## What happens when you are identified as a close contact?

- You will need to quarantine **for 14 days** from the last exposure to the COVID-19 case to reduce the chance of spreading the virus to other people.
- A contact tracer working on behalf of the health department will contact you by phone during your quarantine period.
- Contact tracers will call you to find out if you develop symptoms and become a probable case.

## What is the infectious period that determines the timeline for a close contact?

- If someone develops COVID-19 signs or symptoms, the infectious period began 48 hours prior to the onset of symptoms and lasts for 10 days after the onset of symptoms.
- If the COVID-19 case is asymptomatic, then the infectious period begins 48 hours prior to the date the COVID-19 test was collected and lasts 10 days after the date of test collection.
- COVID-19 cases need to isolate for 10 days, be fever free for 24 hours without taking fever reducing medication and have symptoms improvement to leave isolation

## What does quarantine mean?

- If you were exposed to the virus, you could develop COVID-19. Quarantine prevents you from spreading the virus to others, especially during the time when you are infectious but do not have symptoms.
- The quarantine period lasts 14 days from your last exposure to a COVID-19 case.
- During quarantine you need to stay home. Do not go into any public buildings, and avoid having people outside of your immediate family in your home. During this time you should not go to work, and if the close contact is a child, they should not go to school.
- If you have a new exposure to a COVID-19 case during your quarantine period, your quarantine period will reset to last 14 days after the new exposure.

## Does the rest of my family have to quarantine?

- No. Only the person who had direct exposure to the COVID-19 case is required to quarantine. Parents can continue to go to work and other children in the home can attend school if they are not considered a close contact.
- If you become ill while in quarantine, then all household members are required to stay home and call the health department for further guidance.

# COVID-19 General Questions

## During quarantine, what if I or another family member get sick?

- If you or your family develop symptoms during quarantine, we recommend that you notify the health department and also consider speaking with your healthcare provider about getting a COVID-19 test.
- You should try to isolate anyone who is sick in your home away from those who are feeling well, as best you are able, to prevent further potential spread.

## How long will I have to quarantine if someone in my home is a COVID-19 case?

- We strongly recommend that COVID-19 cases isolate away from others in their home to prevent others from contacting the virus.
- If a COVID-19 case is unable to isolate away from others, then their family members will have to begin their quarantine period AFTER the COVID-19 case's isolation period ends. For some family members, this means the quarantine period could last 24 days or more.

## Why does the COVID-19 case get released before the 14 days of my quarantine are up?

- Based on CDC guidance, the coronavirus can take up to 14 days from the initial exposure to develop into an infection. This is why the quarantine period is 14 days.
- The infectious phase of the coronavirus lasts 10 days after symptoms begin. After 10 days, the COVID-19 case cannot spread the virus to anyone else, and is typically released prior to the close contacts who are quarantined.

## What if a probable case gets a negative test?

- Unfortunately, a probable case getting a negative COVID-19 test does not guarantee that their close contacts will be released from their quarantine period. If there is a change in your quarantine period, you will be notified.
- If you are a close contact and develop symptoms of COVID-19, we would recommend reaching out to your healthcare provider to discuss getting tested.

## Should I get a test if I am an asymptomatic close contact?

- If you plan to get a test during quarantine but are asymptomatic, it is recommended that you wait till at least 5-7 days after your exposure to the COVID-19 case before being tested.
- A negative test will not shorten your quarantine period.

## I have been notified that I need to quarantine. What do I do now?

- We recommend that you notify your employer or school that you are a close contact and need to quarantine. If your employer/school has questions, they can reach out to the health department for further guidance.
- During the quarantine period, you will be contacted by the State of Michigan's contact tracing team called TraceForce. They will call to check in with you and your family to see how you are doing, answer questions, and then release you from the quarantine period.

## Why haven't I heard from the health department yet?

- When we interview COVID-19 cases, they disclose to us their close contacts. If they do not list you, then we are not aware you were exposed. If you feel you are a close contact but have not heard from the health department, please call our office.
- We continue to work through a significantly increased number of COVID-19 cases on a daily basis. If you have not heard from the health department after 3 business days, please reach out to our office.

**Each COVID-19 case is unique and the guidance given may be different depending on individual situations. If you have questions or concerns, please call our office.**

**Western Upper Peninsula Health Department**

(906) 482-7382

**For further information:**

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

[www.michigan.gov/Coronavirus](http://www.michigan.gov/Coronavirus)