



# CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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*"Working to enhance our community's total well-being"*

**- FOR IMMEDIATE RELEASE -**

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## **Reduced Quarantine Recommendations**

The Calhoun County Public Health Department announces the number of COVID-19 quarantine days will be reduced, in some cases, per recommendations from CDC and Michigan Department of Health and Human Services (MDHHS). On Wednesday, December 2, CDC presented scientific findings describing options to reduce the required number of quarantine days for individuals with known exposure to a confirmed COVID-19 case. Based on the evaluation of the CDC findings, MDHHS updated guidance to specify that the post COVID-19 exposure quarantine period for Michigan residents can be modified in specific situations.

While the standard 14-day quarantine period remains, individuals have an opportunity to reduce to 10 days provided:

- 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.
- It should be noted that the Public Health Department may advise 14 day quarantine in particular scenarios.

The Health Department will not be reaching out to existing close contacts to change their quarantine time from 14 to 10 days.

As of November 12, the health department has begun prioritizing disease investigation and contact tracing efforts. What this means for residents is positive COVID-19 individuals and their close contacts may not receive a phone call from the Health Department. Because of limited Health Department resources, individuals are responsible for self-monitoring their symptoms and take personal responsibility if you have been exposed to or have tested positive for COVID-19.

Individuals must follow the safety guidelines provided below:

- Stay home except to get medical care

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately
- Stay in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when around other people, if you are able to

To learn more about CCPHD services, contact us via phone (269-969-6990), visit CCPHD online at ([www.calhouncountymi.gov/publichealth](http://www.calhouncountymi.gov/publichealth)), or like us on Facebook (CCPublicHealthDepartment)

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