



# Calhoun County Public Health Department guidelines for General Population COVID-19 Quarantine & Isolation Guidance

## What to do if you test positive for COVID-19:

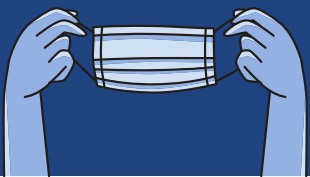
### Start isolating yourself right away:

- Stay home except to get medical care .
- Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.)
- Tell your employer you have COVID-19.
- Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first): Tell them you tested positive so they can follow quarantine guidance.

### CDC guidelines for the general population, regardless of vaccination status:

#### On Day 5, do you have no symptoms or are your symptoms resolving?

- If yes, you can return to normal activities on Day 6. Mandatory continued use of a well-fitting mask through day 10 (including household members).
- If no, you should continue isolating until symptoms resolve or 10 days have gone by since you tested positive or first developed symptoms. If you have a fever, continue to isolate until your fever goes away. If your symptoms are not resolving or are worsening, seek medical care.



[Check here for MDHHS's examples of a well-fitting mask](#)

## If you're exposed to someone with COVID-19

### If you are not up to date on COVID-19 vaccines

#### Then you should...

- Stay home (quarantine) for 5 days . Then continue to wear a well-fitting mask through day 10.
- Get tested (PCR or rapid antigen) on Day 6, if possible.
- If positive, follow isolation guidance.
- If you develop symptoms, avoid others and get tested (PCR or rapid antigen). **If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.**

### If you have received a positive COVID-19 test result in the last 90 days.

#### Then you should...

- Wear a well-fitting mask around others for 10 days.
- Get tested (PCR or rapid antigen) on Day 6, if possible.
- If positive, follow isolation guidance.
- If you develop symptoms, avoid others and get tested (PCR or rapid antigen). **If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.**

## Additional recommendations from the Calhoun County Public Health Department (CCPHD)

### Take a rapid antigen test on day 6 of isolation.

- **If negative**, end isolation on day 6 and wear a mask around others through day 10.
- **If positive**, continue to isolate through day 10 or until you get a negative rapid antigen test result, if you wish to continue testing.

### If you are often around vulnerable populations (e.g., immunocompromised or elderly people):

- Consider continuing isolation for longer (a full 10 days).
- If you decide to stop isolation before 10 days, take a rapid antigen test. If positive, consider
- isolating for the full 10 days or until you test negative if you choose to test again.

Last updated 2/16/2022. Information is subject to change at any time.

See more about what to do if you're sick or exposed at

[www.calhouncountymi.gov](http://www.calhouncountymi.gov)





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**Note:** The updated guidance is specific to the general public and does not change the current guidance recommendations for congregate settings, early childcare, or K-12 settings - these settings should continue to use existing guidelines and policies regarding quarantine and isolation.

## ISOLATION: IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. <b>Day 0</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	If you have no symptoms or if symptoms are resolving, this could be last day of isolation <b>Day 5</b>	If you have no symptoms or if symptoms are resolving, done with isolation* <b>+ Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	<b>Day 11</b>	*Continue to wear a well-fitting mask when around others until Day 11 + CCPHD recommendation: take a rapid antigen test this day to determine next steps	

**CCPHD recommendation:** If you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation. If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding healthcare workers.

## QUARANTINE: IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

If you are not up to date on COVID-19 vaccines. Then you should:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Should stay home (quarantine) <b>Day 0</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	You can end quarantine. Keep wearing a well-fitting mask around others. <b>Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	You may stop wearing a well-fitting mask around others. <b>Day 11</b>	Get tested on this day if possible.	

- If positive, follow isolation guidance.
- If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

If you have received a positive COVID-19 test result in the last 90 days. Then you should:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Start wearing well-fitting mask around others. <b>Day 0</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	Get tested on this day if possible. <b>Day 6</b>
<b>Day 7</b>	<b>Day 8</b>	<b>Day 9</b>	<b>Day 10</b>	You may stop wearing a well-fitting mask around others. <b>Day 11</b>		

If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.