



Midland County Department of Public Health (MCDPH) is updating its quarantine guidelines to align with recommendations from the Centers for Disease Control (CDC) and Michigan Department of Health and Human Services (MDHHS), released December, 2020.

**A fourteen-day quarantine period is still standard practice for close contacts to an individual with COVID-19.** Under the following conditions, the quarantine period may be shortened to ten days as per CDC and MDHHS guidance:

- 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.

Additionally, the below must be followed:

- **Meticulous** use of masks, social distancing and frequent handwashing continues through day 14.
- The 14 day quarantine period may be appropriate for vulnerable congregate setting residents.
- Those who follow a 10 day quarantine period should restrict themselves from contact with severely immunocompromised people (i.e., those with transplants, cancer) for the full 14 days.

**MCDPH is NOT implementing a test out of quarantine option at this time.**

Organizations, workplaces and facilities may decide to continue to follow the fourteen-day quarantine period, based upon their requirements.