

COVID-19 Isolation and Quarantine Guidance

School and Childcare Settings

Updated by CDC on 12/27/2021

If you test positive for COVID-19 (Isolation)

Everyone, regardless of vaccination status.

- Stay home for 5 days. Day 0 is the day of symptom onset or if asymptomatic, day 0 is the day of the positive test.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days (exception for 2 years and younger).
- If you have a fever, continue to stay home until your fever resolves.
- If you need additional support, please contact your primary care provider or Health Department of Northwest Michigan at 800-432-4121.

If you were exposed to someone with COVID-19 (Quarantine)

If you have:

- Been boosted, or
- Completed your 2nd dose of Pfizer more than 14 days before exposure, or
- Had a confirmatory positive test in the last 90 days

Do:

- Quarantine is not necessary.
- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms get a test and stay home.

If you:

- Completed your 2nd dose of Pfizer less than 14 days before exposure, or
- Are unvaccinated

Do:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days. Day 0 is the date of last exposure to a positive case.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5, if possible.
- If you develop symptoms get a test and stay home