

Livingston County Health Department COVID-19 Isolation and Quarantine Visual Guide

Livingston County Health Department (LCHD) has updated COVID-19 isolation and quarantine recommendations for the general population to align with Centers for Disease Control and Prevention (CDC) recommendations released on December 27, 2021. These are guidelines for the general population; schools, congregate settings, and health care facilities may have additional guidance. To view the updated recommendations, please visit <https://bit.ly/3tbvLv8>.

The following visual guide can be used to assist in calculating isolation and quarantine dates based on updated CDC and MDHHS guidance. If the individual in isolation or quarantine works in high-risk, congregate settings (like long-term care facilities, jails, etc.) or is often around vulnerable populations (e.g. immunocompromised or elderly people), extended isolation or quarantine periods may be recommended.

If You Test Positive for COVID-19 (Isolation Recommendations for the General Population)

Everyone in the general population, regardless of vaccination status.

Step 1: Start isolating right away, including while waiting for your COVID-19 test results.

- Stay home except to get medical care.
- Stay away from others in your household (i.e. stay in a separate room, use a separate bathroom, have meals brought to your room, etc.). If you cannot separate completely from other household members, wear a well-fitting mask while around others and while in common areas. Higher quality masks including surgical or KN95 masks are recommended.
- Tell your employer you have COVID-19.

Step 2: Notify close contacts of exposure.

- Tell the people you were around while you were contagious that they were exposed.
- You are contagious two days before symptoms appear (or two days before positive test, if no symptoms), through the end of your recommended isolation period.

Step 3: Follow isolation recommendations below.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
You first develop symptoms (or test collection date, if asymptomatic). Stay home (isolate). Start wearing a well-fitting mask around others.					Consider taking a rapid antigen test on this day. See additional recommendations below for more information.	If you have no symptoms or if your symptoms are resolving, you can end isolation.* Keep wearing a well-fitting mask around others.
Day 7	Day 8	Day 9	Day 10	Day 11	Notes:	
				You may stop wearing a well-fitting mask around others.	*If your symptoms are not resolving, continue isolating until symptoms improve/resolve or 10 days have passed since symptom onset. If you have a fever, continue to isolate until you are fever-free for 24 hours (without the use of fever-reducing medication). If symptoms worsen, seek medical care.	

Additional LCHD recommendations:

- Taking these extra steps can further reduce your risk of spreading COVID-19.
- Take a rapid antigen test on day 5 of isolation, if possible.
 - If *negative*, end isolation on day 6 and wear a mask around others through day 10.
 - If *positive*, continue to isolate through day 10.
 - If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can. If you must be around others, higher quality masks including surgical, KN95, or higher-grade masks are recommended.
 - If you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider:
 - Continuing isolation for a full 10 days.
 - Receiving a negative rapid antigen test prior to discontinuing your isolation.
 - If you are unable/unwilling to wear a mask, stay home until 10 days have passed since symptom onset (or test collection date if asymptomatic).
 - Avoid travel for 10 days after symptom onset (or test collection date if asymptomatic). If you must travel on days 6-10, wear a well-fitting mask around others.

Livingston County Health Department COVID-19 Isolation and Quarantine Visual Guide

If You Were Exposed to Someone with COVID-19 (Quarantine Recommendations for the General Population)

And you:

- Have been boosted, **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 5 months, **OR**
- Completed the primary series of J&J vaccine within the last 2 months, **OR**
- Were diagnosed with COVID-19 in the last 90 days.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
You're exposed. Start wearing a well-fitting mask around others.					Get tested on this day, if possible (PCR or rapid antigen).* If positive, begin isolation.	
Day 7	Day 8	Day 9	Day 10	Day 11	Notes:	
				You may stop wearing a well-fitting mask around others.	If you develop symptoms of COVID-19, get tested, stay home, and avoid contact with others. <i>*Testing on day 5 is not necessary if you were diagnosed with COVID-19 within the last 90 days.</i>	

Additional LCHD recommendations:

- If you are around vulnerable populations (e.g. immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If following this recommendation, end quarantine on Day 11.
- If you are unable/unwilling to wear a mask, stay home until 10 days have passed since you were exposed to COVID-19.
- Avoid travel for 10 days after exposure. If you must travel on days 6-10, wear a well-fitting mask around others.

If You Were Exposed to Someone with COVID-19 (Quarantine Recommendations for the General Population)

And you:

- Completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted, **OR**
- Completed the primary series of J&J over 2 months ago and are not booster, **OR**
- Are unvaccinated.

Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
You're exposed. Stay home (quarantine).* Start wearing a well-fitting mask around others.					Get tested on this day, if possible (PCR or rapid antigen test). If positive, begin isolation. If negative, continue with quarantine.	You can end quarantine. Keep wearing a well-fitting mask around others.
Day 7	Day 8	Day 9	Day 10	Day 11	Notes:	
				You may stop wearing a well-fitting mask around others.	If you develop symptoms of COVID-19, get tested, stay home, and avoid contact with others. <i>*If it is not possible for you to quarantine at home, wear a well-fitting mask around others for 10 days. <u>Keep activities to essential tasks only.</u></i>	

Additional LCHD recommendations:

- If you are around vulnerable populations (e.g. immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If following this recommendation, end quarantine on Day 11.
- If you are unable/unwilling to wear a mask, stay home until 10 days have passed since you were exposed to COVID-19.
- Avoid travel for 10 days after exposure. If you must travel on days 6-10, wear a well-fitting mask around others.