COVID 19 Quarantine Guide

What is quarantine? Separation of a person or group who are believed to have been EXPOSED to COVID-19 but are ASYMPTOMATIC (no symptoms of the disease).

Why would I be asked to quarantine? You may be asked to quarantine if you came into close contact with someone who has COVID 19. A close contact can be someone:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, laughed, or somehow got respiratory droplets on you

There may be other risks and types of exposure that may be evaluated when determining the need to quarantine. More information is available on the CDC website ‘When to Quarantine’.

Does my family need to quarantine?
Quarantine of family members is only necessary if you can not isolate yourself from them by doing the following:

- Stay in own room
- Use own bathroom and/or clean bathroom after each use
- No family dinners
- Wear a mask if you spend time in common areas

What can I do while I am quarantined?
Keep your mind busy and active with games, books, crafts etc. while staying away from others. You can interact via phone, computer, Facebook or other social media platforms but no physical contact should be made. Work with your school to ensure students have access to online learning and the necessary equipment needed to do their homework and attend class. The CDC also has suggestions or ideas to assist your student for all ages.

Why hasn’t the health department contacted me yet?
The health department is making every effort to get through each case in the community. In order to protect the privacy of individuals, information is provided to a limited number of staff who are responsible for calling clients regarding contact status. Status of an individual is dependent on various items such as date, time, testing status, etc, that is entered into the system prior to the health department receiving a report.

Health Departments process:
1. Health department receives a report from the State of Michigan after someone has tested positive in the County of Jackson
   Important Note: The individual who is positive will likely receive the message before the health department.
2. The health department sorts through the list and starts making calls to interview positives to guide them through the illness and identify who may have been in contact with positive individuals while they were contagious
3. After working with the positive individual, the nurses will likely call the employer/school next to discuss what the employer/school needs to do next. Sometimes the employer/school identifies additional contacts that need to quarantine or provides the health department with a list of individuals they have asked to quarantine while the health department conducts their interviews.

Jackson County Health Department
1715 Lansing Ave. Jackson, MI 49202
(517) 788-4420
jchdcovid@mijackson.org