

Procedures for when to Quarantine



My child has been exposed to COVID-19 – now what?

What is quarantine?

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. The CDC currently allows for a 10-day quarantine as long as no symptoms have been reported during daily monitoring.

Why is my child being told they need to quarantine?

Your child may be told to quarantine if they came into close contact with someone who has COVID-19. Close contacts are defined as when:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more when they could have been contagious with the virus;
- In the classroom setting when all people are wearing masks, close contacts are those within 3 feet someone who has COVID-19 for a total of 15 minutes or more when they could have been contagious with the virus;
- You shared eating or drinking utensils with someone who has COVID-19;
- You had direct physical contact with a person with COVID-19 (hugging/kissing);
- Someone with COVID-19 sneezed, coughed, or somehow got respiratory droplets on you.

Can I get out of quarantine with a negative test?

Quarantine can end after 10 days without a test. BCHD recommends that you quarantine for the full 10 day period and continue to monitor for symptoms for the full 14 days. Get tested and start isolation if symptoms develop.

If my child is a close contact to someone who is COVID+, does the rest of my family need to quarantine?

Family members of quarantined individuals, like parents or siblings, do not need to quarantine. Only people who have had direct, personal contact with a COVID+ person needs to quarantine. However, if your child develops symptoms of COVID-19 while on quarantine, they will be considered a probable case and household members may be asked to quarantine until test results are confirmed.

Questions?

Berrien County Health Department: 1.800.815.5485 or bchdmi.org/COVID19

What is the process for contact tracing?

- The Berrien County Health Department receives a report very soon after someone has tested positive in Berrien County either from the school or through the laboratory conducting testing. **Please note: the individual that tests positive will likely receive the message before the health department either from their doctor or through their electronic medical chart.**
- The Health Department calls every Berrien County resident who tests positive for COVID-19 to conduct a "case investigation", or an interview to understand the people with whom they had close contact while they were contagious and to guide them through the 10-day isolation period. Information about close contacts of students or staff is also provided by the school.
- After working with the COVID+ individual and the school, the people on the list of close contacts considered exposed are notified and provided instructions for quarantine.
- If your child has tested positive, start their isolation period right away. If you know you are a close contact, stay at home in quarantine starting immediately and await further instructions from our BCHD or your child's school.

What if my child has already had COVID-19 OR they are now fully vaccinated?

Students who have tested positive for COVID-19 within the past 3 months and recovered do not have to quarantine or get tested again as long as they do not develop new symptoms. If they develop symptoms again within 3 months of their first bout of COVID-19, they may need to be tested again if there is no other cause identified for their symptoms.

People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms. Full vaccination is achieved at least 2 weeks after completing the second dose (or only dose of Johnson & Johnson) in the vaccine series of (Pfizer & Moderna).

Want a vaccine for your child?

If your child is 12 years or older, they are eligible to get the Pfizer COVID-19 vaccine. Appointments available are first-come, first-serve. View open appointments at www.bchdmi.org/COVID19 and at **Spectrum Health Lakeland**. Check back often for future openings!



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