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](http://www.bchdmi.org/COVID19) and at Spectrum Health Lakeland. Check back often for future openings!