

LENAWEE COUNTY HEALTH DEPARTMENT

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LenaweeHealthDepartment.org



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Dear Community Partner/Employer/Business Owner,

Due to overwhelming caseloads, **the Lenawee County Health Department will no longer provide documentation clearing individuals from COVID-19 related quarantine and isolation.** You can determine when your employees are safely able to return to work by the following guidance:

When to end quarantine:

- **Quarantine** keeps someone who might have been exposed to the virus away from others.
- Individuals should quarantine away from others for 10 days from their date of last exposure to a COVID positive individual.
- If they do not develop any symptoms during this time period, their quarantine period can end after 10 days. However, they must continue to watch for symptoms for an additional four days.
- If they develop symptoms of COVID-19 at any point during the 14-day time period, they should isolate away from others and follow the guidance for isolation below. Testing is recommended.
- In Michigan, an individual currently cannot test out of quarantine. Even if they receive a negative test result, they must complete their full quarantine.

When to end isolation:

- **Isolation** keeps someone who is infected with the virus away from others, even in their home.
- **If symptoms were present and they think or know they had COVID-19:**
 - They can return to normal activities when it has been:
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Other symptoms of COVID-19 are improving (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation)
 - A longer isolation period may be required for individuals who have been hospitalized or are severely immunocompromised. These employees should consult with their healthcare provider about when to end isolation. More information: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>.
- **If they tested positive for COVID-19 but had no symptoms:**
 - They can return to normal activities when it has been:
 - 10 days since the date the positive test was performed

A negative COVID-19 test SHOULD NOT BE REQUIRED for an employee to return to work. Requiring a negative test places an undue burden on testing resources and someone may test positive for COVID-19 for several weeks after illness. In general, people aren't able to infect others past 10 days from when their symptoms started. Exceptions to this include those who are hospitalized or

The mission of the Lenawee County Health Department is to promote a safe and healthy environment.

immunocompromised and require a longer isolation period. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html> for further discussion and references.

More information is available at www.lenaweehealthdepartment.org. We apologize for any inconvenience this may cause you. Contact us at 517-264-5226, option 5 or email lenaweehd@lenawee.mi.us with any questions.

Sincerely,

Martha Hall

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Health Officer

Dennis Chernin

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