



Should I get tested if I have to quarantine after being exposed to COVID-19?
If you are quarantining because you were exposed to the virus, but don't have any symptoms, it is recommended you wait and at least 5 days have passed since your quarantine began before getting tested. However, a negative test result cannot be used to end quarantine early.

How do I monitor myself for symptoms?
Screen yourself for symptoms of respiratory distress such as cough, fever, and shortness of breath. If you develop symptoms and are concerned about your health, immediately isolate from others and contact your healthcare provider or get tested.

The [MI Symptom App](#) can help you track your symptoms and keep an eye on your health – while you have symptoms or are healthy.

I have COVID-19 and have been isolating. When is it safe for me to leave home?
Stay in isolation until you meet all the criteria below: it has been ten days since your positive test date or ten days since you began showing symptoms.
• You have been fever-free for 24 hours without taking fever-reducing medication.
• Other symptoms have improved (including cough or shortness of breath).

*People with conditions that weaken their immune system or those who were severely ill, might need to stay home longer than 10 days. Talk to your healthcare provider for more information.

What is considered a close contact?
Here are some examples of close contact:
• Caring for, living with, or visiting someone who has COVID-19.
• Being near someone who has COVID-19 in a confined space if that person is not wearing a mask.

Close contact is defined as:
a. Being within approximately 6 feet (2 meters) of a COVID-19 case for 15 minutes including brief encounters in a 24-hour period totaling 15 minutes or more, or;
b. Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on);
c. Having direct physical contact with the person (hugged or kissed them), or;
d. You shared eating or drinking utensils.

If I am exposed to the virus, how long do I have to quarantine?
Unvaccinated people who have been exposed to someone with COVID-19 must quarantine and monitor themselves for symptoms for 14 days following exposure. If you show any symptoms of the virus, you should immediately isolate and get tested.

Quarantine instructions for people who are fully vaccinated
Fully vaccinated persons who meet criteria are no longer required to quarantine following an exposure to someone with COVID-19. Individuals should keep their COVID-19 Vaccination Record Card to confirm their exemption from quarantine.

Click on this document for assistance in determining whether or not a staff person or a client should participate in programs following a COVID-19 Exposure.

Safe & Effective COVID-19 Vaccine Appointments & Walk-ins Available for Anyone 12 and Older!

Pfizer vaccination available for 12+ with parent/legal guardian present. Moderna/J&J available for 18+.
Need assistance scheduling? Call 2-1-1.
Visit www.tinyurl.com/HDNWclinics or scan the QR code to schedule your appointment.



Tuesday, May 18 1 p.m. to 4 p.m. - Helena Twisp Hall, Alden, Pfizer vaccine 9:30 a.m. to 6:30 p.m. - Ellison Place, Gaylord, Pfizer vaccine	Wednesday May, 19 3 p.m. - 6 p.m. - Boyne City Education Center, Pfizer vaccine
Thursday, May 20 1 p.m. to 6:30 p.m. - Emmet Co. Fairgrounds, Pfizer vaccine	Friday, May 21 9:30 a.m. to 3:30 p.m. - Chx. Co. Shirley Roloff Center, Pfizer vaccine
Monday, May 24 1 p.m. to 5 p.m. - Mancelona Schools Transportation Garage, Pfizer or 383 vaccine	Wednesday, May 26 9:30 a.m. to 3:30 p.m. - Helena Twisp Hall, Alden, Moderna vaccine 1 p.m. - 4 p.m. - Ellison Place, Gaylord, Pfizer vaccine
Thursday, May 27 1 p.m. to 6:30 p.m. - Chx. Co. Shirley Roloff Center, Pfizer vaccine 10 a.m. - 4 p.m. - Emmet Co. Fairgrounds, Pfizer vaccine	



Click on this image for updated vaccination appointment locations for age 12 and up!

Click on this Document for Q & A Information on Quarantine procedures.

May 18, 2021
Administration
North Country Community Mental Health Authority

Distribution: norcocmh.org - Provider COVID Updates

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