

Dear Parent/Guardian,

This communication is to notify you that while attending school or participating in a school activity, your child was exposed to COVID-19 and is considered a close contact of a COVID-19 case. We are required to inform you this exposure occurred and that your child will need to be out of school and in quarantine at home for 10 days after their last contact with the infected person(s). As long as they do not develop any symptoms during this time, they can return to school after 10 day but we ask that you continue to monitor your child for the full 14 days post exposure and report symptoms if they do occur at any point during this period.

Child's last exposure to the COVID-19 case was:

They will be released from quarantine on:

The day your child can be back in school is:

The following information has been provided by the Western Upper Peninsula Health Department (WUPHD) to help answer your questions. If you have additional questions after reviewing this information, please contact WUPHD at **(906) 482-7382**.

What is a COVID-19 Case?

There are 2 types of COVID-19 cases, positive and probable. A **positive case** is an individual who has a lab-confirmed positive COVID-19 test. A **Probable Case** (also called **presumptive positive**) is when a close contact of a confirmed COVID-19 case develops COVID-19 symptoms. People who test positive on an antigen or rapid test may also be considered probable cases. You can be considered a close contact to either type of COVID-19 case.

What is a Close Contact?

A close contact is someone who has been within 6 feet of a confirmed or probable case for a total accumulated time of 15 minutes over 24 hours **or** had direct physical contact with the COVID-19 case during their infectious period. Even if both parties were wearing masks, you may still be a close contact.



What is the infectious period that determines the timeline for a close contact?

- If the COVID-19 case is **symptomatic**: the infectious period is 48 hours prior to the onset of symptoms and will last for 10 days after the onset of symptoms.
- If the COVID-19 case is **asymptomatic**: the infectious period is considered the 48 hours prior to the date the COVID-19 test was collected and will last 10 days after the date of test collection.



What does quarantine mean?

If you were exposed to COVID-19 you are asked to quarantine away from others for 10 days after your last exposure to the COVID-19 case because there is a potential that you could also develop COVID-19. Quarantine prevents spread of the virus to others in the event you do become ill.

During quarantine you need to stay home, not enter any public buildings, and avoid having people from outside of your immediate family into your home. During this time you should not go to work and if the close contact is a child, they should not be going to school.

Does the rest of our family have to quarantine?

Only the person who had direct exposure to the COVID-19 case is required to quarantine. Parents can continue to go to work and other children in the home can attend school if they were not considered a close contact.

If someone who is in quarantine becomes ill, then all household members are required to stay home and call the WUPHD for further guidance.

What happens if during quarantine someone in the household becomes sick?

If during quarantine, any member of the household develops COVID symptoms, notify the health department and speak with your healthcare provider about getting tested for COVID-19. You should notify your provider that someone in the home is currently under quarantine.

- If someone does become sick it is recommended to isolate them away from others, to prevent further potential spread in the home. Isolating means they stay in their own room, use their own bathroom if possible, they wear a mask when they are around others or outside of their room, and do not eat or spend time in common areas of the home while sick.

How long will I have to quarantine if someone in my home is a COVID-19 case?

Quarantine lasts for 10 days after last exposure to an infected person, with symptom monitoring continuing for a full 14 days. If you are unable to isolate a sick family member, then the family member that is continually exposed to the COVID-19 case will not begin their quarantine period until **AFTER** the isolation period ends for the infected person. For some family members, this could keep you from normal activities for 20 days or longer.



Why do I quarantine for 10 days and the COVID-19 case is released earlier than me?

Based on CDC guidance and what is known about the novel coronavirus, it can take up to 14 days after exposure to the virus to develop an infection. The CDC and state of Michigan have recently updated their quarantine guidance, as of December 2020, reducing it down to 10 days, but there is still a potential that you could develop the virus up to 14 days after exposure. This is why we ask you to continue to monitor for symptoms for the full 14 days. The infectious phase of the coronavirus is 10 days therefore the COVID-19 case is typically released prior to the close contacts who are in quarantine as their symptoms or infectious period started prior to the last exposure to the close contact.

What if a “Probable Case” gets a negative test?

If a probable case tests negative, there is no guarantee that their close contacts will be released from quarantine or that the quarantine period will change. If there is a change to the quarantine date or you are no longer considered a close contact determined by the WUPHD you will be notified.

As a close contact should I get tested?

- If you are a close contact and develop symptoms of COVID-19, contact your healthcare provider to discuss being tested.
- If you do not develop symptoms while in quarantine, but plan to be tested it is recommended that you wait at least 5-7 days after your exposure to the COVID-19 case.

What do I do now that I have been notified that I need to quarantine?

- Notify your employer or school that you are considered a close contact and have been instructed to quarantine. If your employer/school has further questions they can contact the health department directly.
- You will be contacted by the state of Michigan’s contact tracing team called TraceForce. They will call to check in with you, ask about symptoms, answer questions, and release you at the end of your quarantine period.

Why haven’t I heard from the health department yet?

When the health department receives a report of a positive test, our staff contact the case to inquire about exposure and who they were in close contact with. If the case does not disclose you as a close contact, we are not aware that you were exposed. If you feel you have been a close contact but not heard from the WUPHD, please call our office.

- Please understand that each COVID-19 case is unique and so there may be some differences in guidance given depending on individual situations. If you have questions or concerns, please call our office.



Western Upper Peninsula
Health Department

(906) 482-7382 <https://www.wuphd.org/>

For additional information:

<https://www.cdc.gov/coronavirus>

<https://www.michigan.gov/Coronavirus>