



FOR IMMEDIATE RELEASE

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Kent County Health Department Updates Guidance on COVID-19 Quarantine Period
Guidance Follows New Findings from the U.S. Centers for Disease Control and Prevention

GRAND RAPIDS, MI (December 7, 2020) – The Kent County Health Department is aligning its quarantine guidance for people exposed to coronavirus with new direction from the U.S. Centers for Disease Control and Prevention (CDC). Effective immediately, the new guidance shortens the quarantine period for exposed people from 14 days to 10 days under certain scenarios.

The previous 14-day quarantine period was based on the full incubation period of the virus. However, recent data found 90 to 99 percent of COVID-19 infections occur within 10 days of exposure.

While the standard 14-day quarantine period remains, it can be reduced to 10 days without the need for testing if the following two conditions are met:

- The individual does not develop any symptoms of COVID-19 infection during daily symptom monitoring for the 10 days after the last exposure.
- Daily symptom monitoring continues through day 14 after the last exposure.

If the 10-day quarantine period is used, the Health Department still requires that:

- Potentially exposed individuals who develop symptoms during the 14-days seek testing and self-isolate while awaiting results.
- Potentially exposed individuals strictly adhere to mitigation strategies after exiting self-quarantine such as mask use, social distancing, avoiding crowds, etc.

A 10-day quarantine period *does not* apply to those residing in congregate living settings or who work with individuals in high-risk groups. Additionally, there may be conflicts in the length of quarantine for employers who fall under [Michigan Public Act 238](#) or [Michigan Occupational Safety and Health Administration rules](#). Employers should refer to those sources when determining whether non-essential employees need to wait 14 days to return to work.

[Isolation requirements](#) for individuals with a confirmed positive COVID-19 test have not changed.

KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and three satellite clinics located in Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit www.accesskent.com/health.

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The Kent County Health Department will continue to closely monitor the evolving science for information that would warrant reconsideration of these recommendations.

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