

Options for Modified Quarantine For School Exposures From Your Local Health Department

Why the Change?

A 14-day quarantine is still the best and most effective way to protect other people from being exposed to COVID-19. But keeping kids in school is best for their education and well-being. Based on what we learned over the 2020-2021 school year, that interventions such as face masks and testing reduce the risk of COVID-19 transmission^{1,2,3,4,5,6,7,8} with a lack of evidence of harm⁹, schools and public health officials can modify quarantine protocols to balance the need for in-person learning with reducing the risk of spreading the virus^{10,11}.

Evidence found that children who tested positive for COVID-19 were NOT more likely to have attended school in the 2 weeks before their positive test as compared to children who tested negative.¹² Children who tested positive were more likely to have attended a family gathering (wedding, funeral, parties, or playdates) in the 2 weeks before their positive test result. Children who tested positive were also less likely to report consistent wearing of face masks in the school by both students and staff.

The following guidance is based on findings from the 2020-2021 school year.^{12,13,14,15,16} As COVID-19 continues to evolve and change, this guidance may need to change. If COVID-19 spread within schools is not contained following this guidance, changes may need to be made. Schools and public health officials must continually evaluate the guidance being followed and adapt as needed.

The guidance provided here is ONLY for K-12 public, private, and charter schools. It is not intended for use by institutions of higher education or childcare settings.

¹ <https://pws.byu.edu/covid-19-and-masks>

² https://files.fast.ai/papers/masks_lit_review.pdf

³ <https://msphere.asm.org/content/5/5/e00637-20/article-info>

⁴ https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?s_cid=mm6928e2_w

⁵ <https://jamanetwork.com/journals/jama/fullarticle/2768532>

⁶ <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

⁷ <https://www.idsociety.org/covid-19-real-time-learning-network/infection-prevention/masks-and-face-coverings-for-the-public/>

⁸ <https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html>

⁹ <https://abcsciencecollaborative.org/masking-in-schools-the-abc-science-collaborative-provides-clarity-on-questions/>

¹⁰ <https://policylab.chop.edu/sites/default/files/pdf/publications/PolicyLab-Guidance-for-In-person-Education-K-12-Educational-Settings-Fall-2021.pdf>

¹¹ https://abcsciencecollaborative.org/wp-content/uploads/2021/06/ABC_year-in-review_29jun2021-final.pdf

¹² https://www.cdc.gov/mmwr/volumes/69/wr/mm6950e3.htm?s_cid=mm6950e3_w

¹³ <https://www.cdc.gov/mmwr/volumes/70/wr/mm7012e3.htm>

¹⁴ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7993558/>

¹⁵ <https://www.medrxiv.org/content/10.1101/2021.07.23.21260992v1>

¹⁶ https://coronavirus-download.utah.gov/School/COVID-19_School_Manual_FINAL.pdf

If both people wore masks at the time of exposure¹⁷:

Students, teachers, or employees who were exposed to someone with COVID-19 at school **do not have to quarantine if:**













- The school can verify that both people were wearing a face mask correctly (the person who was exposed and the person with COVID-19) as described later, and
- The person who was exposed does not have any symptoms of COVID-19.

As an added precaution, the exposed person can be required to:

- Test negative by rapid antigen testing each school day prior to attending class for 7 days past the date of their last exposure. Testing only has to be done prior to school, in other words, it does not have to be done on weekends or holidays.
 - Testing can be done in school by trained staff, at an offsite testing facility, or at home using an at home test. Only use at home test if you feel the results being reported to you are trustworthy.
- If any test is positive, they must isolate. Contact tracing of any school contacts must occur.
- NO CONFIRMATION WITH PCR IS NEEDED of a positive rapid antigen test in this situation as they were exposed to someone with COVID-19 therefore have a higher likelihood of infection. See https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen_Testing_Algorithm_CommunitySettings.pdf

The person exposed is still considered a close contact and still needs to be informed of the exposure and told the following:

- If at any time during the 14 days after their exposure the person who was exposed develops symptoms of COVID-19, he or she should isolate and get tested right away.
- If the person does not have symptoms and is not testing daily, he or she should wait at least 3-5 days after they were exposed to get tested to see if they might be infected. Testing is strongly encouraged, especially in students older than 12 and all adults.
- The exposed person must continue to wear a mask properly for 14 days after the exposure.

If Exposed Person is Not Fully Vaccinated But Both Are Properly Masked					
	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation	
				Safest:	Alternative:
STUDENTS	 Properly Masked	No less than 3 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<ul style="list-style-type: none"> • No quarantine needed • No notification or other instructions needed 	
	 Properly Masked	Was less than 3 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<ul style="list-style-type: none"> • Daily testing before school x 7 days • Watch for symptoms and wear a properly fitting mask for 14 days 	<ul style="list-style-type: none"> • Watch for symptoms and wear a properly fitting mask for 14 days • Get tested after 3-5 days
TEACHERS/STAFF	 Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<ul style="list-style-type: none"> • No quarantine needed. • No notification or other instructions needed 	
	 Properly Masked	Was less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<ul style="list-style-type: none"> • Daily testing before school x 7 days • Watch for symptoms and wear a properly fitting mask for 14 days 	<ul style="list-style-type: none"> • Watch for symptoms and wear a properly fitting mask for 14 days • Get tested after 3-5 days

¹⁷ Someone with an exposure is considered a close contact which is defined at <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>: Someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

- **Exception: In the K-12 indoor classroom setting**, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.



















If either person *was not* wearing a mask at the time of exposure (this includes individuals with a mask exemption or only wearing a face shield):

Students, teachers, or employees who were not wearing a mask at the time of exposure or who were exposed to someone who was not wearing a mask have two options. The safest is to quarantine. They may end quarantine either:

- After 14 days.
- After 10 days without testing as long as they remain free of all symptoms of COVID-19. They should continue to watch for symptoms until day 14.

The second option with very little supporting evidence is to allow them to continue attending school **only IF:**

- They are properly masked for 14 days after the exposure **AND**
- They test negative by rapid antigen testing each school day prior to attending class for 7 days past the date of their last exposure. Testing only has to be done prior to school, in other words, it does not have to be done on weekends or holidays.
 - Testing can be done in school by trained staff, at an offsite testing facility, or at home using an at home test. Only use at home test if you feel the results being reported to you are trustworthy.
- If any test is positive, they must isolate. Contact tracing of any school contacts must occur.
- NO CONFIRMATION WITH PCR IS NEEDED of a positive rapid antigen test in this situation as they were exposed to someone with COVID-19 therefore have a higher likelihood of infection. See https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen_Testing_Algorithm_CommunitySettings.pdf

If Exposed Person is Not Fully Vaccinated And At Least One Person is NOT Properly Masked					
	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation	
				Safest:	Alternative:
STUDENTS AND STAFF	 Not Properly Masked	 No less than 6 ft. for more than 15 min. in a 24-hr. period	 Properly Masked	<ul style="list-style-type: none"> • No quarantine needed • No notification or other instructions needed 	
	 Properly Masked	 No less than 6 ft. for more than 15 min. in a 24-hr. period	 Not Properly Masked		
	 Not Properly Masked	 No less than 6 ft. for more than 15 min. in a 24-hr. period	 Not Properly Masked		
	 Not Properly Masked	 WAS less than 6 ft. for more than 15 min. in a 24-hr. period	 Properly Masked	Quarantine for 10 to 14 days	Continue attending school only IF: <ul style="list-style-type: none"> • Properly masked for 14 days after the exposure AND • Test negative by rapid antigen testing each school day prior to attending class for 7 days past the date of their last exposure
	 Properly Masked	 WAS less than 6 ft. for more than 15 min. in a 24-hr. period	 Not Properly Masked		
	 Not Properly Masked	 WAS less than 6 ft. for more than 15 min. in a 24-hr. period	 Not Properly Masked		

Do the quarantine guidelines change if someone is vaccinated?






































A person is considered fully vaccinated if it has been 2 weeks since their final dose of the COVID-19 vaccine. Students, teachers, or employees who are fully vaccinated at the time they are exposed to COVID-19:

- Do not have to quarantine after being exposed to someone with COVID-19.
- Do need to watch for symptoms of COVID-19 and continue to properly wear a face mask.
- Should stay home and get tested ASAP if symptoms occur.
- Should get tested 3-5 days after their exposure if they remain symptom-free.

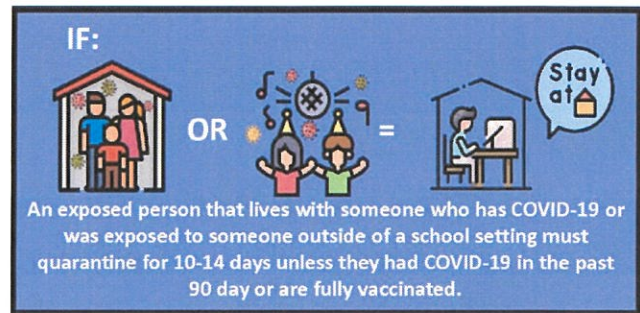
What happens if students, teachers, or employees are exposed to COVID-19 after already recovering from COVID-19?

Students, teachers, or employees that are exposed to COVID-19 again (a new exposure) within 90 days of being infected with COVID-19 and do not have symptoms of COVID-19:

- Do not have to quarantine after being exposed to someone with COVID-19.
- Do need to watch for symptoms of COVID-19 and continue to properly wear a face mask.
- Should stay home and consult with their healthcare provider if symptoms occur.

If Exposed Person Is Fully Vaccinated or Prior Illness Within 3 Months				
	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation 
STUDENTS	 Properly Masked	No less than 3 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • No notification or other instructions needed
	 Properly Masked	WAS less than 3 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • Watch for symptoms of COVID-19 • Wear a properly fitting mask for 14 days • In those fully vaccinated: Get tested 3-5 days after exposure
TEACHERS/STAFF	 Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • No notification or other instructions needed
	 Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • Watch for symptoms of COVID-19 • Wear a properly fitting mask for 14 days • In those fully vaccinated: Get tested 3-5 days after exposure
STUDENTS AND STAFF	 Not Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • No notification or other instructions needed
	 Not Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	 OR  with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> • No quarantine needed • Watch for symptoms of COVID-19 • Wear a properly fitting mask for 14 days • In those fully vaccinated: Get tested 3-5 days after exposure

What about students, teachers, or employees (who haven't had COVID-19 before or aren't fully vaccinated) that live with someone who has COVID-19, or were exposed to someone outside of a school setting?



A household contact is a person who lives with someone who has been diagnosed with COVID-19. This includes roommates at boarding schools. Household contacts are at a much higher risk of getting infected with the virus. Other settings, like after gatherings with friends, social events, clubs, family functions, and so on, are also a much higher risk of causing COVID-19 infection.

Students, teachers, or employees who are a household contact or were exposed to COVID-19 outside of the school setting (who haven't had COVID-19 in the last 90 days or aren't fully vaccinated) must quarantine and do not qualify for any modified quarantine options. They may end quarantine:

- After 14 days.
- After 10 days without testing as long as they remain free of all symptoms of COVID-19. They should continue to watch for symptoms until day 14.

It is recommended they

- get tested 3-5 days after their exposure if they remain symptom-free and at any time they have symptoms of COVID-19.

For household settings, it can be very hard to stay isolated from others in the home. If the student, teacher, or employee is unable to prevent having continued exposures, they may need to quarantine longer than 10 days. Every time they come into close contact with the person with COVID-19 while they are infectious, the 10–14-day quarantine starts over because they were exposed to the virus again.

What does “wearing a face mask correctly” mean?

The school is responsible for verifying that face masks were worn correctly at the time of the exposure. This means the person who has COVID-19 and the person who came into close contact with them were both wearing a face mask correctly.

A face mask that is worn correctly must:



*KN95 masks are not recommended for children

When doing contact tracing and evaluating specific situations, keep in mind times when masks may not be worn properly such as during lunch, extracurricular activities, band, athletics, gym, and other similar situations.

Other Considerations:

The guidance in this document can apply to all school settings and activities. Please consider the following when making decisions:

- Students over age 12 and adults appear more likely to spread COVID-19 and may get more serious illness from COVID-19 illness.
- Though students may not be at high risk for serious COVID-19 illness, family members of students are at risk of infections brought home from their students. This is why it is important they be made aware of all exposures to their students, as they need to make decisions to protect vulnerable family members.
- Certain activities are higher risk for spreading COVID-19 and in an unmasked situation, quarantine may be the safest option. Specific activities are listed below.

High Risk Sport/Activity ^{1,2}	Intermediate Risk Sport ¹	Low Risk Sport ¹
<ul style="list-style-type: none"> • Football • Volleyball (if unmasked) • Basketball • Ice hockey • Rugby • Water polo • Wrestling • Acrobatics and Tumbling (indoors) • Band (indoors) • Choir (indoors) • Indoor activity with shouting, sing, yelling, exercise, close prolonged talking (unmasked) 	<ul style="list-style-type: none"> • Soccer • Volleyball (if masked) • Rowing (sculls of two or more) • Softball • Lacrosse • Indoor track and field • Baseball • Field Hockey • Fencing (if unmasked) • Band (outdoors) • Choir (outdoors) • Indoor activity with shouting, sing, yelling, exercise, close prolonged talking (masked) 	<ul style="list-style-type: none"> • Bowling • Cross Country • Outdoor track and field • Rifle • Rowing • Equestrian (outdoor) • Golf • Gymnastics • Swimming and Diving • Tennis • Skiing • Fencing (if masked) • Beach volleyball

¹ The NCAA has developed a risk stratification for sports. See table to right and see https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI_ResocializationDevelopingStandardsSecondEdition.pdf for additional details.

²High-risk extracurricular activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.

Testing Support from MDHHS

(from MI Safer Schools Guidance for Managing Students Exposed to COVID-19, September 8, 2021)

MI Safer Schools Testing Program

MDHHS is providing schools antigen testing supplies free of charge through the [MI Safe Schools Testing program](#). Schools and individual school districts can request antigen test kits through the Mi Safer Schools: [School Antigen COVID Test Ordering form](#). MDHHS will be leveraging our partnership with Intermediate School Districts to help distribute COVID-19 antigen tests based on the orders placed in the School Antigen COVID Test Ordering Form. Questions about test supply orders can be sent to your Intermediate School District and any other school testing related questions can be sent directly to MDHHS at MDHHS-COVIDtestingsupport@michigan.gov

Community Testing Locations

- Free community based pop-up rapid antigen testing
[Coronavirus - Community Based Pop-Up Rapid Antigen Testing](#)
- Find a COVID-19 testing location
[Coronavirus - Test](#)

Home Tests





























At-home rapid COVID-19 antigen tests such as Ellume and BinaxNow are now available and can be purchased over-the-counter in grocery stores and pharmacies. MDHHS has some at-home tests that will be available to schools through their ISDs. ISDs should contact the [MI Safe Schools Testing Program](#) team to order tests.

Additional Resources



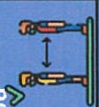




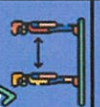




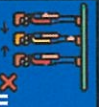




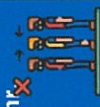



- [MDHHS Recommendations for Safer School Operations during COVID-19](#)
- [Guidance for COVID-19 Prevention in K-12 Schools | CDC](#)
- [Parents and Caregivers | CDC](#)
- [CDC Guidance for Fully Vaccinated People](#)
- [COVID-19 Guidance for Safe Schools \(American Academy of Pediatrics\)](#)

For the latest information on Michigan's response to COVID-19, please visit www.Michigan.gov/Coronavirus. You may also call the COVID-19 Hotline at 888-535-6136 or email COVID19@michigan.gov.

If Exposed Person Is Fully Vaccinated or Prior Illness Within 3 Months







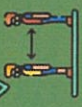





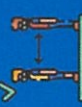





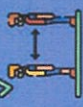




	Person Diagnosed with COVID-19 	Distancing 	Person Exposed to COVID-19 	Recommendation 
STUDENTS	Properly Masked 	No less than 3 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	Properly Masked 	WAS less than 3 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinated: Get tested 3-5 days after exposure
TEACHERS/STAFF	Properly Masked 	No less than 6 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	Properly Masked 	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinated: Get tested 3-5 days after exposure
STUDENTS AND STAFF	Not Properly Masked 	No less than 6 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	Not Properly Masked 	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	OR with  or  Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not)	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinated: Get tested 3-5 days after exposure

If Exposed Person is Not Fully Vaccinated And At Least One Person is NOT Properly Masked

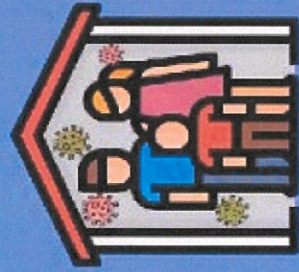
Person Diagnosed with COVID-19		Distancing	Person Exposed to COVID-19	Recommendation	
				Safest:	Alternative:
 Person Diagnosed with COVID-19	 Not Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	• No quarantine needed • No notification or other instructions needed	Continue attending school only IF: <ul style="list-style-type: none"> • Properly masked for 14 days after the exposure AND • Test negative by rapid antigen testing each school day prior to attending class for 7 days past the date of their last exposure
			 Properly Masked		
			 Not Properly Masked		
	 Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked		
			 Not Properly Masked		
			 Not Properly Masked		
	 Not Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr period 	 Properly Masked		
			 Not Properly Masked		
			 Not Properly Masked		
 Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr period 	 Properly Masked			
		 Not Properly Masked			
		 Not Properly Masked			

STUDENTS AND STAFF

If Exposed Person Is Fully Vaccinated or Prior Illness Within 3 Months

	Person Diagnosed with COVID-19 	Distancing 	Person Exposed to COVID-19  OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	Recommendation 
STUDENTS	 Properly Masked	No less than 3 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	 Properly Masked	WAS less than 3 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinate: Get tested 3-5 days after exposure
TEACHERS/STAFF	 Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	 Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinate: Get tested 3-5 days after exposure
STUDENTS AND STAFF	 Not Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed No notification or other instructions needed
	 Not Properly Masked	WAS less than 6 ft. for more than 15 min. in a 24-hr. period 	OR Had COVID-19 Within Last 3 Months or Fully Vaccinated (Masked or Not) 	<ul style="list-style-type: none"> No quarantine needed Watch for symptoms of COVID-19 Wear a properly fitting mask for 14 days In those fully vaccinate: Get tested 3-5 days after exposure

IF:



OR



=



An exposed person that lives with someone who has COVID-19 or was exposed to someone outside of a school setting must quarantine for 10-14 days unless they had COVID-19 in the past 90 day or are fully vaccinated.