

# COVID-19 guidance



## What is **QUARANTINE?**

**If you or a family member has been exposed to COVID-19 as a close contact, you will be asked to quarantine. This means:**

- **Stay home for 14 days.** If your employer approves, an acceptable alternative is 10 days if you have no symptoms.
- Separate yourself from others, including those who live with you in your home.
- Monitor your health and watch for symptoms for a full 14 days.
- Call your healthcare provider if you develop fever, cough, shortness of breath, loss of taste/smell, fatigue, muscle aches, diarrhea, or vomiting.
- Follow directions from your local or state health department.

## What You Need to Know About Being in Quarantine

**Quarantining is effective in preventing the spread of COVID-19 that can occur:**

- Before you know you're sick.
- If you are infected with the virus without feeling symptoms.

**Quarantine is recommended to last 14 days:**

- That's because the incubation period for COVID-19 is 2-14 days.
- If you quarantine for just 10 days, though acceptable, you still have a 1-10% chance of infecting someone if you do carry the virus.
- It is critical that you self monitor for symptoms for a full 14 days.

**Don't be tempted to break quarantine because you feel fine:**

- That can change.
- Quarantine isn't a vacation or a free pass to have fun while off from work or school.

## Tips for What Adults and Children Should NOT to Do During Quarantine

**While in quarantine you MUST NOT:**

- Have visitors, gatherings, or play dates when any member of the household is in quarantine.
- Leave the house unless absolutely necessary for medical care or to obtain essential items.
- Return to work or school until your quarantine period is done and you are symptom free (unless you are a healthcare worker or other exempt worker).
- Attend outside functions like dance class, athletic practice or game, gym, book club, or church..

**If you have questions about quarantine, call the Saginaw County Health Department COVID-19 Hotline at (989) 758-3828 or visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org).**