

Coping with COVID-19 Tool Kit

Branch-Hillsdale-St. Joseph Community Health Agency

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*QUARANTINE (8-23-21) BHSJCHA will be following updated quarantine timelines per MDHHS. While CDC's quarantine standard is still 14 days, there is now an exception. For individuals who have been exposed to COVID-19 but have remained symptom free, their quarantine may now last 10 days, as long as exposed individuals monitor themselves for symptoms from days 11-14, remain masked and 6 feet away from others. Individuals who develop symptoms should not leave quarantine except to promptly seek COVID-19 testing. Studies have shown that 99% of individuals who develop COVID-19 do so within the first 10 days after exposure.

COVID-19 Prevention and Response

GUIDE FOR EMPLOYERS

The Branch-Hillsdale-St. Joseph Community Health Agency (BHSJCHA) Case Investigators continue to contact positive test patients and close contacts. Due to the fluctuation in the numbers of cases, BHSJ CHA asks employers to determine when an employee can return to work and not wait for a release letter from the health department. Employers should contact BHSJ CHA if they have questions or concerns regarding employee Isolation or Quarantine recommendations.

If an employee is suspected or confirmed to have COVID-19:

Determine which employees may have been exposed to the virus and may need to take additional precautions:

- Employers have an obligation to manage the potentially exposed workers' return to work in ways that best protect the health of those workers, their co-workers, and the general public.
- Inform employees of their possible [close contact](#) (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) with someone with confirmed or suspected SARS-CoV-2 infection in the workplace, but maintain confidentiality as required by the [Americans with Disabilities Act \(ADA\)](#).
- Branch Hillsdale St. Joseph Community Health Agency recommends the following **close contact quarantine** approach for the workplace:
 - An exposed, **un-vaccinated employee** should [quarantine](#) for 14 days, telework if possible, and self-monitor for [symptoms](#). However, a growing body of data shows that the risk of illness is greatly reduced between day 11 and 14. Therefore, your quarantine can end after 10 days if:
 - You do not develop any symptoms within 10 days and
 - You continue to monitor your [symptoms](#) for 14 daysThe returning employee must continue to monitor for symptoms and wear a mask on days 11-14.

YOU CANNOT TEST OUT OF QUARANTINE. It can take up to 14 days after exposure for illness to develop.

- An exposed, **fully vaccinated employee** does not require quarantine, if they are asymptomatic, but should monitor for [symptoms](#) daily, be tested 3-5 days after exposure, and wear a mask for 14 days or until they receive a negative test result. An employee is NOT considered **fully vaccinated** until 14 days from their final vaccine dose. Recipients of Pfizer and Moderna vaccine are not fully vaccinated until 14 days past the **second** dose. Recipients of Johnson and Johnson are not fully vaccinated until 14 days after one dose. The employee should maintain a copy of their vaccination record to confirm their exemption from quarantine.

- An exposed **employee who has recovered** from COVID in the previous 90 days is not required to quarantine if they are asymptomatic. The employee should monitor for worsening or recurrence of symptoms for 14 days past last exposure. If worsening or recurrence of symptoms is present, return to isolation and contact their health care provider for evaluation.
- Branch Hillsdale St. Joseph Community Health Agency recommends a 10-day **isolation** period for **anyone who tests positive**, vaccinated or unvaccinated. An employee cannot return to work until the following criteria are met.
 - 10 days have passed since the first symptom onset or 10 days from the positive test result.
 - 20 days have passed since the first symptom onset **if an employee had severe COVID illness**, resulting in hospitalization, or the employee is immunocompromised.
 - Employee has had no fever for at least 24 hours and has not used fever-reducing medications such as acetaminophen or ibuprofen.
 - The employee has significant improvement in their symptoms. Not all symptoms will be fully resolved in 10 days.
- Employers should consider the use of [MI Symptoms App](#) for employee self-monitoring.
- Employers should also consider [level of community transmission](#), ability to maintain social distancing, proportion of employees at [increased risk for severe illness](#), and priority for continuity of operations.
- Employers should counsel workers about the need to monitor for symptoms and immediately self-isolate if symptoms occur during the 14 days after their exposure and the importance of consistent adherence to all recommended mitigation strategies (e.g., [vaccination](#), [mask wearing](#), [social distancing](#), [hand hygiene](#), [cleaning and disinfection](#) and [proper ventilation](#)).
- [Critical infrastructure](#) workplaces should follow [COVID-19 Critical Infrastructure Sector Response Planning](#) and guidance on [Testing Strategy for Coronavirus \(COVID-19\) in High-Density Critical Infrastructure Workplaces after a COVID-19 Case is Identified](#).

Isolation and quarantine mean staying home from work, school, gatherings, extracurricular activities and other public places other than when seeking medical care.

Updated 8/23/2021 based on the latest guidance from the Centers of Disease Control and Prevention, Michigan Department of Health and Human Services and the Michigan Occupational Safety and Health Administration. Information is subject to change upon new research and recommendations.

Employee/ Positive COVID-19 Case Contact Tracing

(Page 1 of 2)

The Branch-Hillsdale-St. Joseph Community Health Agency is unable to contact all positive cases and contacts at this time due to the surge in the spread of the virus. Because of delays in the case management process, the BHSJCHA asks employers to determine when an employee can return to work and not wait for a release letter from the health department.

St. Joseph County: Aimmee Mullendore (269-273-2452)

Fax completed form to: Branch County: Dave Fowler (517-278-2923)

Hillsdale County: Mackenzie Rickman (517-437-0166)

Employee Name: _____ **Address:** _____

City, Zip code: _____

Phone: _____ **Race:** _____

Ethnicity: _____ **Email:** _____

Supervisor Name: _____ **Employer:** _____

Who exposed you? _____

Can you describe the exposure situation?

Contagious period: To calculate your contagious period, you start 48 hours prior to the date your symptoms started (use test date if never had symptoms) and go through 10 days past the onset of your symptoms.

Employer Information:

Employee date of exposure:

Circle any symptoms you had, even if you had it for a short time:

Fever (how high _____), chills, muscle aches, runny nose, sore throat, cough, congestion, shortness of breath, nausea, vomiting, diarrhea, headache, abdominal pain, chest pain, fatigue, loss of taste, loss of smell, diagnosed with pneumonia

When did your symptoms start? _____ Test date: _____

When was the last day you were at work? _____

Do you have pre-existing health conditions? _____

Do you currently smoke/vape or have you in the past? _____

Do you now or have ever misused drugs? _____

Employee/ Positive Case Contact Tracing

(Page 2 of 2)

Close contacts:

Please list your close contacts with their phone numbers below (your name will remain anonymous).

A close contact is defined who is within 6 feet of you for an accumulative 15 minutes during your contagious period (please see above to determine your contagious period). *Accumulative 15 minutes means you could be around someone for 4 minutes, then 6 minutes later and then an additional 5 minutes which will add up to 15 minutes, making that a contact.*

Have you attended any community events such as a BBQ, birthday party, wedding, funeral, sporting events, family get together, etc.? If so, in what city and state was this held? Have you done any travel in-state, out-of-state or out of the country in 2 weeks prior to your symptoms?

Calculating your Isolation/ Quarantine Time

Isolation: The time that a person who tests POSITIVE must stay in isolation.

How to calculate your isolation time:

- | | |
|---|--|
| 1. Were you symptomatic? If yes, enter the date that your symptoms began on Line A. If no symptoms, skip to question 2. | Line A |
| 2. If you never had symptoms (asymptomatic), enter your test date on line B. | Line B |
| 3. Add 10 days to either Line A or B (whichever applies to you) and write it on Line C. | + 10 days |
| 4. Add 10 additional days to line C if you were hospitalized with severe illness or are immunocompromised and write it on Line D. | Line C Last day of
+10 days isolation |

If you are fever-free for 24 hours without the help of medication and you have significant improvement in your symptoms, then this will be the last date of your isolation.

Line D = Last
day of solation
for serious
illness

The patient is considered contagious until they meet **ALL** 3 of the following:

1. They have been fever-free for AT LEAST 24 hours (without the use of fever reducing medication, this includes acetaminophen, ibuprofen, aspirin or naproxen as well as over the counter cold/flu medications containing these ingredients).
2. Significant improvement in symptoms
3. It has been at least 10 days from the onset of patient's symptoms.

Close contact Quarantine Time: The amount of time a person must quarantine after they have been identified as a close contact to a positive case.

1. **Non-household member:** quarantine for 10 days past your last exposure to the person while they are contagious. If you are an employee of healthcare or critical infrastructure* (as defined by the CDC), and are asymptomatic, you may continue to go to WORK ONLY. It does not exclude you from quarantine outside of work. You must wear a mask, monitor for signs and symptoms for 14 days from last exposure, and follow social distancing guidance when in the work place at all times.
2. **Household members:** quarantine for 10 days past your last exposure to the person while they're contagious. Most people who live in the same house as a positive will be on quarantine for 20 days since your last exposure to a positive person would be on their 10th day (10+10=20). You must wear a mask, monitor for signs and symptoms for 14 days from last exposure, and follow social distancing guidance when in the work place at all times.

Individuals who develop symptoms should not leave quarantine except to promptly seek COVID-19 testing or medical care.

NOTE: Symptoms ALWAYS trump test date: If you get tested because of COVID exposure but have no symptoms, then develop symptoms 7 days later, the 10-day quarantine resets from

symptom onset. Test date is only used for the 10-day quarantine, if you are never symptomatic.

If your healthcare professional has determined you should return home to recover from COVID-19, below is the information for how you should manage your condition at home.

Managing COVID-19 at home:

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
 - You can leave your house after these three things have happened:
 - You have had no fever for at least 24 hours (that is one full day of no fever without the use of fever reducing medication, this includes over the counter cold/flu medications)
 - Other symptoms have improved (for example, when your cough or shortness of breath have improved)
 - At least 10 days have passed since your symptoms first appeared

Daily temperature checks, assessment for symptoms, social distancing and masking outside of the home **are required** through day 14!

While recovering at home:

- Ensure you have appropriate caregivers available at home.
- Stay in a separate bedroom (if possible) where you can recover without sharing immediate space with others.
- Ensure you and other household members have access to appropriate, recommended personal protective equipment (at minimum gloves and facemask) and are capable of adhering to precautions recommended as part of home care or isolation (e.g., respiratory hygiene, cough etiquette, and hand hygiene).
- Ensure you have access to food and other necessities. Ask another family member or neighbor to drop items on your porch. Many stores now offer home delivery service for a small fee.
- Stay in a specific room and away from other people in your home and if available, use a separate bathroom. If you must go out of your isolation room, wear a mask at all times and limit contact time to less than 15 mins per day.
- Get rest and stay hydrated.
- Cover your cough and sneezes.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid sharing personal items with other people in your household like dishes, towels and bedding.
- Clean all surfaces that are touched often like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- If there are household members who may be at increased risk of complications from COVID-19 infection (e.g., older people and people with severe chronic health conditions, such as heart disease, lung disease and diabetes) consider if there are other places they may stay such as another relative's home.
- If you must go out, wear a mask. Do not use public transportation, ridesharing or taxis unless you have no other options. CDC requires all persons to wear a mask when using public transportation.

- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.

COVID-19 Vaccine Appointment Scheduling Information

The following is a guide for online appointment scheduling. More information is on our website including those currently eligible for vaccinations at <http://bhsj.org/scheduling>.

1. Appointments are posted on our website: <http://bhsj.org/scheduling>.



**BRANCH-HILLSDALE-ST. JOSEPH
COMMUNITY HEALTH
AGENCY** | YOUR LOCAL
HEALTH DEPARTMENT

Coldwater 517-279-9561
Hillsdale 517-437-7395
Three Rivers 269-273-2161

Services **COVID-19** Area Agency on Aging Locations Health Data Emergency Preparedness Resources Contact Us

COVID-19 Scheduling - Appointments Available

Registration for appointments will be made available when clinics are confirmed. Please check back often to see if we have anything available.

[read more...](#)

Click here

2. The available appointments are listed by location. Choose a vaccine date and site then click the link for that selection.

BRANCH COUNTY

- **Branch, Hillsdale, St. Joseph Community Health Agency, 570 Marshall Rd., Coldwater, MI**
Saturday, August 28, 2021, & 2nd dose Saturday, September 25, 2021
9:00 AM - 12:00 PM

[To schedule an appointment for person 12 years of age or older](#)

Pfizer Vaccine is authorized by the FDA for person 12 years of age and older
Moderna Vaccine is authorized by the FDA for persons 18 years of age and older

Johnson & Johnson Vaccine is authorized by the FDA for person 18 years of age and older

- **Branch, Hillsdale, St. Joseph Community Health Agency, 570 Marshall Rd., Coldwater, MI**
Tuesday, August 31, 2021, & 2nd dose Tuesday, September 28, 2021
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[To schedule an appointment for person 12 years of age or older](#)

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Johnson & Johnson Vaccine is authorized by the FDA for person 18 years of age and older

3. Select appointment and time, then select "continue". The time slot is not held for you until your completed form is submitted.

Select the appointment type appropriate for your age so everyone has the ability to get vaccinated.

Appointments are scheduled every 15 minutes, but the actual appointment time will vary. Please plan to be on site for 20-30 minutes.

You will receive an email with a link to a form that you should fill out and bring to your appointment. We appreciate you taking the time to do this, so that we can reduce the time each person spends in our clinic, allowing us to vaccinate more people per day.

1 Choose Appointment

Age 18+, J & J Covid-19 Vaccination - BHSJ Community Health Agency - Coldwater

Age 18+, Moderna Covid-19 Vaccine 1st Dose - BHSJ Community Health Agency - Coldwater

Age 12+, Pfizer Covid-19 Vaccine 1st Dose - BHSJ Community Health Agency - Coldwater

Saturday
August 28

9:45am

10:00am

Continue >

Add a Time...

Recurring...

10:15am

10:30am

10:45am

4. The following information is required to schedule an appointment:

- First and last name
- Home address
- Phone number
- Email address
- County
- Priority Group
- Birthday (Month/Day/Year)

5. Enter the required information then click:

Complete Appointment »

If the appointment is no longer available, select another date and time and complete the form again.

2 Your Information

Name *

Phone *

Email *

18+

Vaccine is only approved for use in persons 18 years of age and older. Are you 18 or older? *

Don't Schedule if

Have you received Monoclonal Antibody Therapy in the last 90 days? If you cannot answer NO, please wait to make an appointment until you are 90 past your last monoclonal antibody therapy. (this is an infusion treatment for people with severe COVID-19).

Vaccination Category

By booking this appointment I certify that I belong to the following priority group: *

Client Intake for Nightingale Notes

Date of Birth MM/DD/YYYY *

Gender *

Street Address *

Apartment/Suite/PO Box

Zip Code *

Complete Appointment >

6. If the appointment is successfully booked, you will receive a confirmation via email typically within a few minutes. A COVID-19 vaccination form will be attached to the email. Bring the completed form to your appointment. If you do not have a printer, forms are available at the vaccination site.

If you do not have internet access:

Ask a friend or family member to schedule an appointment on your behalf. If you do not have someone to assist with online scheduling, residents in:

- **Branch and St. Joseph County:** phone the Area Agency on Aging 3C at **(517) 278-2538**.
- **Hillsdale County:** phone the Area Agency on Aging 2 at **(517) 592-1705**.

Other options for COVID-19 vaccinations that may be available to you:

- *Pharmacies*
- *Hospitals*

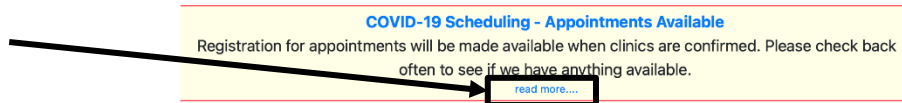
Informacion Sobre Programacion de Citas COVID-19

Lo siguiente es un guía para programar su cita en línea. Mas informacion en nuestra pagina, incluye quien es elegible para la vacuna: <https://bhsj.org/scheduling>.

1. Citas se postularan en nuestra pagina: <https://bhsj.org/scheduling>



Haga clic aquí



2. Desplaze hacia abajo a la caja azul palida. Proximas citas de nuestras clinicas estaran postuladas en color **Azul**.

BRANCH COUNTY

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Johnson & Johnson Vaccine is authorized by the FDA for person 18 years of

3. Seleccione la hora de cita luego seleccione "continuar". Este horario no se lleva acabo y no es oficialmente suyo hasta que complete el formulario y este procesado.

Select the appointment type appropriate for your age so everyone has the ability to get vaccinated.

Appointments are scheduled every 15 minutes, but the actual appointment time will vary. Please plan to be on site for 20-30 minutes.

You will receive an email with a link to a form that you should fill out and bring to your appointment. We appreciate you taking the time to do this, so that we can reduce the time each person spends in our clinic, allowing us to vaccinate more people per day.

1 Choose Appointment

Age 18+, J & J Covid-19 Vaccination - BHSJ Community Health Agency - Coldwater

Age 18+, Moderna Covid-19 Vaccine 1st Dose - BHSJ Community Health Agency - Coldwater

Age 12+, Pfizer Covid-19 Vaccine 1st Dose - BHSJ Community Health Agency - Coldwater

Saturday
August 28

9:45am

10:00am
Continue >
Add a Time...
Recurring...

10:15am

10:30am

10:45am

4. La siguiente informacion es requerida para programar su cita:

- **Nombre/apellidos** -(First/Last Name)
- **Domicilio incluyendo codigo postal** -(Home address/Zip Code)
- **Numero telefonico** -(Phone Number)
- **Correo electronico** -(E-mail address)
- **Condado**- (County)
- **Grupo prioritario** – Priority Group
- **Fecha de nacimiento aaaa-mm-dd** (Birthday)

5. Ingrese la informacion requerida luego PRESIONE:

Complete Appointment >

Si el horario no esta disponible, seleccione otra fecha e horario y complete forma de.

2 Your Information

Name *

First Name Last Name

Phone *

Email *

18+

Vaccine is only approved for use in persons 18 years of age and older. Are you 18 or older? *

Don't Schedule if

Have you received Monoclonal Antibody Therapy in the last 90 days? If you cannot answer NO, please wait to make an appointment until you are 90 past your last monoclonal antibody therapy. (this is an infusion treatment for people with severe COVID-19).

Vaccination Category

By booking this appointment I certify that I belong to the following priority group: *

Client Intake for Nightingale Notes

Date of Birth MM/DD/YYYY *

Gender *

Street Address *

Apartment/Suite/PO Box

Zip Code *

Complete Appointment >

6. Si la cita esta reservada con exito recibira confirmacion de cita via correo electronico en minutos. Un formulario de la vacuna COVID-19 se adjunta a su correo (COVID-19 VACCINATION FORM). Traiga esa forma complete a su cita, si no tiene imprimidor, abra formularios disponibles en el sitio de vacunas.

SI NO TIENE ACCESO A INTERNET:

Pidale a un Amistad o familiar que le ayude a reservar su cita. Si no tiene quien le proporcione ayuda reservando su cita residentes en:

Branch y St. Joseph: llame a la Agencia de Área sobre el Envejecimiento al (517) 278-2538.
Hillsdale: llame a la Agencia de Área sobre el Envejecimiento 2 al (517) 592-1705.

Puede haber otras opciones disponibles para usted de vacunas COVID-19:

- Farmacias
- Hospitales

IF YOU TEST POSITIVE FOR COVID-19

1. Start isolating yourself right away.

- Stay home except to get medical care
- Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, ect.)
- Tell your employer/school you have COVID-19

2. Tell your close contacts so they can quarantine themselves.

- A close contact is a person who you had unmasked interaction with that lasted longer than 15 minutes in a 24-hour period, or any physical contact such as hugging, kissing, sharing drinks or eating utensils.
- Please note there may be exceptions to this in certain cases where the risk of transmission is higher (e.g. contact during high impact sports).

3. You can resume normal activities when:

- 10 days have passed from when your symptoms have started or since your positive test result (if you are asymptomatic)
- You have been fever-free for AT LEAST 24 hours (without the use of fever reducing medication, this includes acetaminophen, ibuprofen, aspirin or naproxen as well as over the counter cold/flu medications containing these ingredients).
- Your symptoms have improved.

QUARANTINE INSTRUCTIONS

Branch Hillsdale St. Joseph Community Health Agency recommends the following **close contact quarantine**. Close Contact is defined as being within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period

- An **un-vaccinated person** should quarantine for 14 days from last contact with the infected person. This option is the safest for everyone. However, a growing body of data shows that the risk of illness is greatly reduced between day 11 and 14. Therefore, your quarantine can end after 10 days if:
 - You do not develop any symptoms within 10 days and
 - You continue to monitor your **symptoms** for 14 days

YOU CANNOT TEST OUT OF QUARANTINE. It can take up to 14 days after exposure for illness to develop.

- A **fully vaccinated person** does not require quarantine, as long as they remain asymptomatic, but should monitor for **symptoms** daily, be tested 3-5 days after exposure, and wear a mask for 14 days or until they receive a negative test result. A person is NOT considered **fully vaccinated** until 14 days from their final vaccine dose. Recipients of Pfizer and Moderna vaccine are not fully vaccinated until 14 days past the **second** dose. Recipients of Johnson and Johnson are not fully vaccinated until 14 days after one dose. The employee should maintain a copy of their vaccination record to confirm their exemption from quarantine.
- A **person who has recovered** from COVID in the previous 90 days is not required to quarantine if they are asymptomatic. They should monitor for worsening or recurrence of symptoms for 14 days past last exposure. If symptoms return or get worse, go back into isolation and contact your health care provider for evaluation.

SI DA POSITIVO PARA COVID-19

- 1. Comience a aislarse de inmediato.**
 1. Quédese en casa, excepto para recibir atención médica
 2. Manténgase alejado de todos los demás en su hogar (permanezca en una habitación separada, use un baño separado si es posible, etc.)
 3. Dígale a su empleador/escuela que tiene COVID-19
- 2. Dígales a sus contactos cercanos para que puedan ponerse en cuarentena.**
 1. Un contacto cercano es una persona con la que tuvo una interacción desenmascarada que duró más de 15 minutos en un período de 24 horas, o cualquier contacto físico como abrazar, besar, compartir bebidas o comer utensilios.
 2. Tenga en cuenta que puede haber excepciones a esto en ciertos casos en los que el riesgo de transmisión es mayor (por ejemplo, contacto durante deportes de alto impacto).
- 3. Puede reanudar sus actividades normales cuando:**
 1. Han pasado 10 días desde que comenzaron sus síntomas o desde el resultado positivo de su prueba (si es asintomático)
 2. Ha estado libre de fiebre durante AL MENOS 24 horas (sin el uso de medicamentos para reducir la fiebre, esto incluye paracetamol, ibuprofeno, aspirina o naproxeno, así como medicamentos de venta libre para el resfriado / gripe que contienen estos ingredientes).
 3. Sus síntomas han mejorado.

INSTRUCCIONES DE CUARENTENA

Branch Hillsdale St. Joseph Community Health Agency recomienda la siguiente **cuarentena de contacto cercano**. El contacto cercano se define como estar a menos de 6 pies de una persona infectada por un total acumulado de 15 minutos o más durante un período de 24 horas.

- Una **persona no vacunada** debe ponerse en cuarentena durante 14 días desde el último contacto con la persona infectada. Esta opción es la más segura para todos. Sin embargo, un creciente cuerpo de datos muestra que el riesgo de enfermedad se reduce considerablemente entre el día 11 y el 14. Por lo tanto, su cuarentena puede terminar después de 10 días si:
 - No desarrolla ningún síntoma dentro de los 10 días y
 - Continúa monitoreando sus **síntomas** durante 14 días

UN RESULTADO NEGATIVO NO TERMINARÁ SU CUARENTENA. Pueden pasar hasta 14 días después de la exposición para que se desarrolle una enfermedad

- Una **persona completamente vacunada** no requiere cuarentena, siempre y cuando permanezca asintomática, pero debe controlar los **síntomas** diariamente, hacerse la prueba de 3 a 5 días después de la exposición y usar una máscara durante 14 días o hasta que reciba un resultado negativo de la prueba. Una persona **NO** se considera **completamente vacunada** hasta 14 días después de su dosis final de la vacuna. Los receptores de la vacuna de Pfizer y Moderna no están completamente vacunados hasta 14 días después de la **segunda** dosis. Los receptores de Johnson and Johnson no

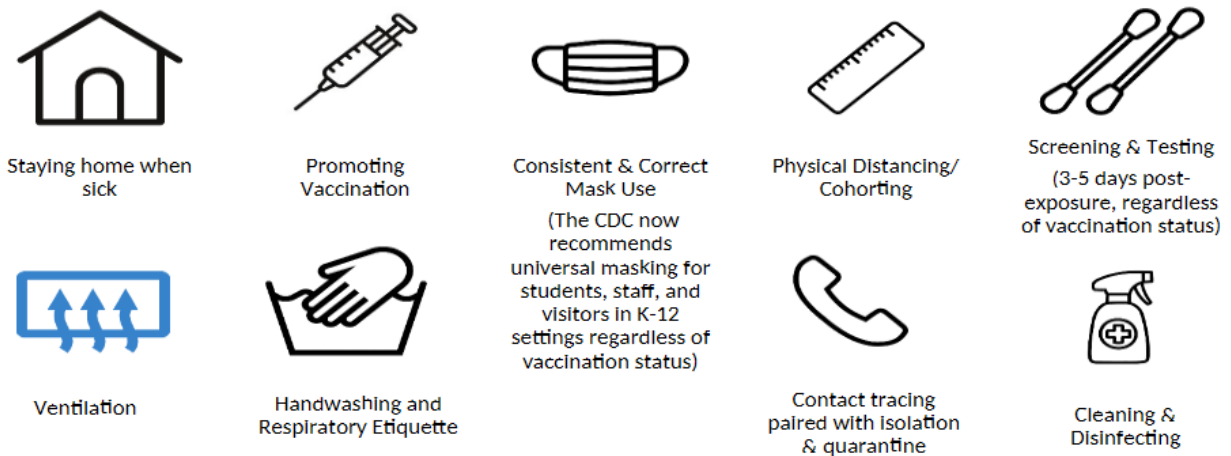
se vacunan completamente hasta 14 días después de una dosis. El empleado debe mantener una copia de su registro de vacunación para confirmar su exención de la cuarentena

- Una **persona que se ha recuperado** de COVID en los últimos 90 días no está obligada a ponerse en cuarentena si es asintomática. Lay debe controlar el empeoramiento o la recurrencia de los síntomas durante 14 días después de la última exposición. Si los síntomas regresan o empeoran, vuelva al aislamiento y comuníquese con su proveedor de atención médica para una evaluación.

Guidance for Parents of Children in K-12 Schools

BHSJ recommends that schools following the COVID-19 recommendations from [MDHHS](#) and [CDC](#). These involve a layered approach of prevention strategies to reduce the risk of COVID-19 transmission to students, staff and the greater community. Local school districts, in consultation with local public health, should select prevention strategies based on ongoing assessment of 1) [the current level of community transmission of COVID-19](#), 2) the current level of in-school transmission of COVID-19, and 3) the capacity of the school's facilities, staff and resources.

These prevention strategies are:



School-based prevention strategies may change throughout the school year, particularly as COVID-19 transmission changes, vaccinations become available to younger persons, or we learn more about the disease.

BHSJ consults with each school to interpret current data on COVID-19 cases, local trends and outbreaks, and provide guidance on response to outbreaks in school settings. BHSJ encourages schools to prioritize in-person instruction while implementing as many preventive measures as possible to reduce transmission.

Some things are required for schools. There is a CDC [order](#) for face coverings on school bus transportation. Case notification to the local health department and contact tracing is required by [the Michigan Public Health Code](#). Schools must continue to follow the MDHHS Order [Reporting of Confirmed and Probable Cases at Schools](#), which requires schools to post data about case counts on their websites. Schools should continue to follow their infectious disease policies, such as requiring students and staff to stay home when sick.

This guidance is dated 8/19/2021 and is subject to change at any time based on new recommendations or guidance from MDHHS, CDC, and new scientific findings regarding COVID-19.

Quarantine for COVID-19 is impacted by whether both case and contacts are wearing masks and vaccination status.

Students who are exposed to COVID-19 in bus or classroom where cases and contacts were wearing masks:

3-6 Feet Distance from Case for 15 or more minutes:



- School notifies parents/guardians of the student meeting the close contact definition.
- Schools report these close contacts to BHSJ
- Parents/Guardians monitor the student for symptoms.
- The State of Michigan monitors these students for 14 days after the exposure.
- These students may continue to attend school.
- Students continue to follow social distancing requirements and wear face masks.
- If symptoms of COVID-19 develop, they should isolate at home.

3 feet or less distance from Case for 15 or more minutes:



- Students should quarantine for 10 days from their exposure to COVID-19. Students in quarantine should not attend in-person school or other in-person activities in order to protect others.
- The COVID-19 test option must be a PCR Test, collected no sooner than 5 days after exposure date.

If the close contact is fully vaccinated against COVID-19, they do not need to quarantine but should be tested for COVID-19 3-5 days after exposure, with or without symptoms. Students who are not tested should wear a mask for 14 days. Vaccinated students who develop symptoms must follow the quarantine guidance.

Students who were exposed to COVID-19 when cases or contacts were NOT wearing masks covering nose and mouth:

Close contacts within 6 feet of case for 15 or more minutes:



- Students should quarantine for 10 days from their exposure to COVID-19. Students in quarantine should not attend in-person school or other in-person activities in order to protect others.
- School notifies parents/guardians of the student meeting the close contact definition.
- Schools reports these close contacts to BHSJ.
- Parents/Guardians monitor the student for symptoms.
- The State of Michigan monitors these students for 14 days after the exposure.

If the close contact is fully vaccinated against COVID-19, they do not need to quarantine but should be tested for COVID-19 3-5 days after exposure, with or without symptoms. Students who are not tested should wear a mask for 14 days. Vaccinated students who develop symptoms must follow the quarantine guidance.

What can families do to minimize the risk of COVID-19 in 2021-2022 for their children?

- 1) [Get everyone aged 12 and older in your family vaccinated.](#) Vaccination is the safest way to build immunity to COVID-19 and its more long-lasting than immunity through infection¹. Children aged 11 and under who cannot yet be vaccinated whose parents and older siblings are vaccinated are less likely to be exposed to COVID-19 at home.
- 2) When vaccines are authorized for children ages 11 and younger, get them vaccinated.
- 3) While at school, children, teens and adults ages 2 and older should wear a mask. Masks are required for those riding school buses, both public and private. While some schools may make masks optional in the classroom, BHSJ recommends that all individuals use a mask indoors at school to protect themselves and others from COVID-19 transmission. This is particularly important with the more transmissible Delta variant present in our communities, which is likely to be on the rise when school begins. This is regardless of vaccination status.
- 4) Teach and reinforce handwashing with your children. Discuss the importance of respecting other people's mask-wearing decisions with your children and discourage bullying or teasing others.
- 5) Keep your children home from in-person instruction if they have symptoms of an infectious disease, such as COVID-19. Get children tested for COVID-19 if they have symptoms or were exposed to someone with COVID-19 and the health department recommends that they quarantine, keep them home.
- 6) Please respond to the phone call or text message when contacted by the health department. It's critical that we gather information from you about your child's exposure or exposures to help protect others.
- 7) Know that mask use, as well as being vaccinated, will reduce the likelihood that your child will be determined to be a close contact and need to quarantine. When everyone is wearing a mask, quarantine is only needed for those within 3 feet of the other students; otherwise a 6-foot rule applies. If your student is vaccinated, they do not need to quarantine unless they develop symptoms of COVID-19 or test positive.
- 8) If community transmission of COVID-19 is substantial or high², consider reducing the number of public places and events with large, indoor crowds that children attend outside of school hours. This would be things like movie theaters, concerts, etc. Wear masks when indoors, regardless of vaccination status, when community transmission of COVID-19 is substantial or high.
- 9) Support and participate in the preventive measures enacted by local schools, such as disease screening forms, routine testing (if offered), cleaning and co-horting.

Resources: [CDC COVID-19 Data Tracker](#) [Michigan MI Safe Start Map](#)

¹ <https://directorsblog.nih.gov/2021/06/22/how-immunity-generated-from-covid-19-vaccines-differs-from-an-infection/>

² <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/operation-strategy.html#footnote-1a>