

COVID-19 Isolation and Quarantine Guidelines – Macon County



LAST UPDATED:
08/17/2021

Close contact exposure: More than 15 minutes in 24 hours within 6 feet

Both isolation and quarantine individuals need to be cleared from the local health department or a dedicated school nurse. Before calling your local health department, please allow several days for the health department to contact you.

Isolation Guidelines (COVID-19 Positive)

Positive Individual (Vaccinated and Unvaccinated)

- Positive cases are put in **ISOLATION** for a minimum of **10 days**.
- Isolation count starts on the date symptoms started. If there are no symptoms, it starts on the individual's test date.
- The first date of symptoms or test date is counted as **DAY 0**.
- People in isolation **can resume normal activities on DAY 11** if cleared by the school nurse or local health department. (*Symptoms must be improving and must be fever-free without fever-reducing medication for 24 hours.*)
- All household members or other close contacts/exposure start quarantine (see *quarantine guidelines*).

Quarantine (Exposed) Guidelines for Asymptomatic Individuals

VACCINATED (Fully vaccinated: >14 days past second COVID-19 vaccine or >14 days past a single dose COVID-19 vaccine.)

One Time Exposure

- Fully vaccinated contacts **DO NOT need to quarantine if asymptomatic**; however, masking is necessary for 14 days when around others. Testing recommended at day 5 after exposure.

CONTINUOUS Exposure

(e.g., positive household member who is unable to isolate)

- Fully vaccinated contacts **DO NOT have to quarantine if asymptomatic**; however, masking is necessary for 14 days past the last exposure. Therefore, masking is necessary for 10 days plus 10 days if student/staff member is with the positive individual during the 10 days. Testing can also be considered at day 5 and 15 due to repeated exposure (*and day 10 if test available*).

UNVACCINATED

One Time Exposure

- QUARANTINE count **starts on the last day** the contact interacted with the positive person.
- People in QUARANTINE **can resume normal activities on DAY 11**, if they remain asymptomatic and fill out the daily health assessments from Macon County Health Department.
- The last date of contact is counted as **DAY 0**.
- **Exception:** An individual who has a documented COVID-19 positive test in the past 90 days does NOT need to quarantine.
- **SCHOOL:** Follow individual school and county guidelines.

CONTINUOUS Exposure

(e.g., positive household member who is unable to isolate)

- QUARANTINE count **starts on the last day** the contact interacted with the positive person.
- People in QUARANTINE can resume normal activities on DAY 21 if only one person in the house is positive and unable to isolate. The quarantine may be a longer duration if multiple household members are positive.
- The last date of contact is counted as **DAY 0**.
- **SCHOOL:** Follow individual school and county guidelines. In most schools, an asymptomatic student/staff member can return to school at **DAY 21**.
- **The quarantine date of a household member changes if a second person (or more) becomes symptomatic or tests positive.** The negative people in the house must restart their quarantine 10 days from the date the last positive person in the house is released from isolation.

