



MOST RECENT EXPOSURE:

Out of Quarantine End of School Day:

End of School Day on 14-Day Period to Watch for Symptoms:

Grand Traverse County Health Department (GTCHD) has received information **identifying you as a close contact to a school related positive case of COVID-19**. The CDC still recommends that close contacts quarantine for 14 days after the most recent date of known exposure; however, if after 10 days, no symptoms are experienced, quarantine may end. You should continue to closely watch for symptoms for the full 14- day period listed above. Exceptions to quarantine recommendations are listed below.

Fully vaccinated close contacts without symptoms do not need to quarantine.

- These individuals should be monitored for symptoms and wear a mask for 14 days after exposure and seek testing if symptoms develop.
- A person is considered fully vaccinated if it has been 2 weeks since their final dose of their primary COVID-19 vaccine series.
- CDC recommends testing on day 5,6, or 7 following exposure.

Partially vaccinated or unvaccinated individuals should quarantine for 10 full days after exposure unless:

- The individual has received a positive test result on a viral COVID 19 test (antigen or PCR) within the last 90 days, has completed their isolation period and are/remain symptom free.
- Both the positive individual and identified close contact were wearing masks during the identified exposure
- The individual's school is utilizing a Test to Stay or modified quarantine strategy.
 - Test to Stay approach allows a close contact to stay in school if the individual tests daily for 7 days after exposure and remains symptom free.
 - Quarantine with a test on day 6 or 7 after exposure and **return to school on day 8** with a negative test and are/remain symptom free.

If you have questions regarding quarantine, you may contact GTCHD at 231-995-6803 or schoolscovid19@gtchd.org

While in quarantine:

You should stay home and remain separate from anyone outside your household until the quarantine end date. You may be infected as a result of the exposure and quarantine allows for the elapse of the viral incubation period (i.e., time from exposure until becoming infectious to others). Unfortunately, person-to-person transmission of the virus can occur even in the absence of any symptoms and/or up to 48 hours before onset of symptoms.

As a close contact or parent of a close contact, we encourage you to speak with your primary care physician or trusted health advisor about the advantages and disadvantages of quarantine.

The complete list of symptoms are listed on the CDC website at <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>. If you have any of the symptoms above, GTCHD recommends contacting your healthcare provider, or if you do not have a health care provider, to follow up with a local clinic or urgent care center, or go to https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912---,00.html to find the closest location to be tested.

Testing Options in Grand Traverse County:

If you choose to be tested, please use these options to find a testing option that is best for you. <https://www.gtcountymi.gov/2231/COVID-19-Novel-Coronavirus>

In Grand Traverse County you can get tested for COVID-19 at:

- **GTCHD Testing:** Cherryland Mall Clinic, 1700 S. Garfield Ave. Testing is by appointment only. No doctor's note necessary. To schedule an appointment, [click here](#).
- **Northwest Michigan Health Services** (231-642-5292): By appointment only. Please leave a voicemail and they will return your call.
- **Rite Aid** (231-943-9288). No doctor recommendation is needed. Online scheduling is required: <https://www.riteaid.com/pharmacy/services/covid-19-testing>
- **Walgreens in Traverse City:** The one located at Chum's Corners. An appointment is required. An online assessment tool will ask you some questions and then allow you to schedule an appointment: <https://www.walgreens.com/findcare/covid19/testing/consent>
- **Crystal Lake Clinic** (5191 Rosewood Dr., Traverse City, 231-922-0667): Symptomatic or asymptomatic.
- **The Walk-In Clinic** (3074 US-31, Traverse City, 231-929-1234): Schedule online www.thewalkinclinic.biz
- **TC Rapid Testing** - (3301 Veterans Dr) Testing is \$125. The clinic accepts credit cards and cash. Clients are taken on a first come, first served basis and will remain in their car for testing. Learn more at 231-252-FAST.

Thank you for your cooperation with GTCHD's efforts to help limit the spread of COVID-19 in our schools and community.