

**February 2022**

***DID YOU KNOW ?***

**Human Resources has a Weebly site. You'll find a staff directory, policies and forms, and LOTS of employee resources. Be sure to check it out [HERE!](#)**

**Northwest  
Michigan  
Community  
Action Agency**  
Human Resources



"Strengthening our communities by empowering people to overcome barriers, build connections, and improve their quality of life."

## **COVID-19 News & Resources**

Please find below the most up-to-date guidance regarding isolation and quarantine for COVID-19. As always, this applies to the "general public." Additional links for LARA and K-12 are included below.

# COVID-19 Quarantine and Isolation Guidance (2/2022)

QUARANTINE GUIDANCE	NOT Up-to-Date on Vaccinations	Up-to-Date on Vaccinations	CONFIRMED COVID Infection within Past 90 Days
	<ul style="list-style-type: none"> <li>Quarantine for at least 5 full days from last close contact with a COVID-positive person.</li> <li>Test on day 5, if possible.</li> <li>Continue to monitor for symptoms through day 10.</li> <li>Wear a well-fitted mask around others.</li> <li>Isolate immediately and get tested if you develop symptoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>NO</b> quarantine is necessary.</li> <li>Test 5 days after last close contact with a COVID-positive person, if possible.</li> <li>Monitor for symptoms for 10 days from last contact with a COVID-positive person.</li> <li>Wear a well-fitted mask around others.</li> <li>Isolate immediately and get tested if you develop symptoms.</li> </ul>	<ul style="list-style-type: none"> <li><b>NO</b> quarantine is necessary.</li> <li>Monitor for symptoms for 10 days from last contact with a COVID-positive person.</li> <li>Wear a well-fitted mask around others.</li> <li>Isolate immediately and get tested if you develop symptoms.</li> </ul>

IF YOU TESTED POSITIVE OR HAVE SYMPTOMS <u>REGARDLESS OF</u> VACCINATION STATUS			
ISOLATION GUIDANCE	<p><b>Isolate:</b></p> <ul style="list-style-type: none"> <li>Stay home for <b>at least</b> 5 full days.</li> <li>Wear a well-fitted mask if you must be around others in your home.</li> <li><b>DO NOT</b> travel.</li> </ul>	<p><b>If you had symptoms:</b></p> <ul style="list-style-type: none"> <li>End isolation after 5 full days if you are fever-free and your symptoms have greatly improved.</li> </ul> <p><b>If you did not have symptoms:</b></p> <ul style="list-style-type: none"> <li>End isolation after at least 5 full days after your positive test.</li> </ul> <p><b>If you were severely ill or immunocompromised:</b></p> <ul style="list-style-type: none"> <li>Isolate for at least 10 days; consult with your doctor.</li> </ul>	<p><b>Take precautions for 10 full days:</b></p> <ul style="list-style-type: none"> <li>Wear a mask for 10 days anytime you are around others in your home or in public.</li> <li>DO NOT travel for 10 full days.</li> <li>Avoid being around people who are high risk.</li> </ul>

**CLOSE CONTACT:** Someone who is within 6 feet of a confirmed COVID-positive person for at least 15 minutes over a 24-hour period.

**UP-TO-DATE:** You've received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

**\*\*\* Everyone is considered up-to-date until the time they are eligible for a booster: 5 months after the 2<sup>nd</sup> dose of Pfizer or Moderna, or 2 months after J&J. A person who has not received a booster beyond these timelines would not be considered up-to-date.**

# COVID-19

Quarantine | Isolation | Vaccination

# CALCULATOR



## IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. Day 0	Day 1	Day 2	Day 3	Day 4	If you have no symptoms or if symptoms are resolving, this could be last day of isolation Day 5	If you have no symptoms or if symptoms are resolving, done with isolation* Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	*Continue to wear a well-fitting mask when around others until Day 11	

GTCHD recommendation: if you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing isolation for a full 10 days. If doing this, Day 11 would be when you are done with isolation.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are fully vaccinated and have gotten a booster, OR
- got your 2nd dose of Pfizer or Moderna vaccine within the last 5 months, OR
- got your initial dose of Johnson & Johnson vaccine within the last 2 months, OR
- are fully vaccinated and under age 18, OR
- had a confirmatory positive COVID test in the last 90 days:

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Start wearing well-fitting mask around others. Day 0	Day 1	Day 2	Day 3	Day 4	Get tested on this day if possible. Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	Masking is strongly recommended when around others.	

GTCHD recommendation: in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g., immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

## IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

And you...

- are not vaccinated, OR
- are over 18 and got your 2nd dose of Pfizer or Moderna vaccine more than 5 months ago and have not gotten a booster, OR
- are over 18 and got your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster, OR
- are under age 18 and completed your 2nd dose of Pfizer less than 14 days before exposure.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You're exposed. Stay home (quarantine).</p> <p>Day 0</p>	<p>Day 1</p>	<p>Day 2</p>	<p>Day 3</p>	<p>Day 4</p>	<p>Get tested on this day if possible.</p> <p>Day 5</p>	<p>You can end quarantine. Keep wearing a well-fitting mask around others.</p> <p>Day 6</p>
<p>Day 7</p>	<p>Day 8</p>	<p>Day 9</p>	<p>Day 10</p>	<p>Masking is strongly recommended when around others.</p> <p>Day 11</p>		

GTCHD recommendation: in high-risk, congregate settings (like long-term care facilities, jails, etc.) or if you are often around vulnerable populations (e.g. immunocompromised or elderly people), consider staying home/quarantining for a full 10 days after exposure. If doing this, Day 11 would be when you can stop quarantining.

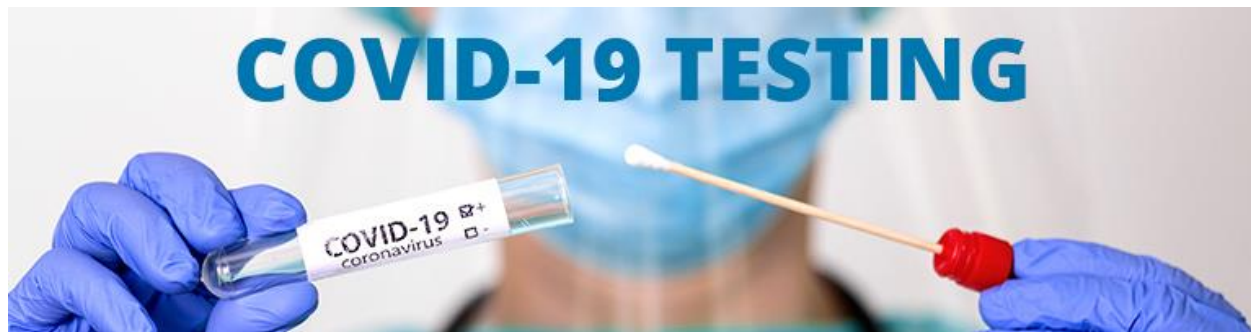
If you are a healthcare worker, see the CDC "Managing Healthcare Personnel" guidelines for details regarding health care workers.

CDC quarantine and isolation guidance: [CLICK HERE](#)

LARA's "Guidelines for Safe Child Care Operations During COVID-19": [CLICK HERE](#)

Additional CDC guidance for childcare programs: [CLICK HERE](#)

Quarantine and isolation guidance for K-12: [CLICK HERE](#)



[Search testing sites across Michigan](#)

Have Priority Health? [CLICK HERE](#) for information regarding COVID-19 testing reimbursement.

Did you order your free COVID-19 tests? If not, [CLICK HERE](#) for more information!



## Is your vaccination status considered up-to-date?

### Get Vaccinated and Stay Up to Date

**Up to date** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

**Fully vaccinated** means a person has received their primary series of COVID-19 vaccines.

Pfizer-BioNTech <sup>[1]</sup>	Moderna <sup>[1]</sup>	Johnson & Johnson's Janssen <sup>[1,2]</sup>
<b>Ages Recommended</b> 5+ years old	<b>Ages Recommended</b> 18+ years old	<b>Ages Recommended</b> 18+ years old
<b>Primary Series</b> 2 doses <sup>[3,4]</sup> Given 3 weeks (21 days) apart <sup>[5]</sup>	<b>Primary Series</b> 2 doses <sup>[3]</sup> Given 4 weeks (28 days) apart <sup>[5]</sup>	<b>Primary Series</b> 1 dose
<b>Fully Vaccinated</b> 2 weeks after final dose in primary series	<b>Fully Vaccinated</b> 2 weeks after final dose in primary series	<b>Fully Vaccinated</b> 2 weeks after 1st dose
<p><b>Booster Dose</b> Everyone ages 12+ should get a booster dose at least 5 months after the last dose in their primary series.</p> <ul style="list-style-type: none"> <li>Teens 12–17 should only get a Pfizer-BioNTech COVID-19 Vaccine booster</li> <li>Everyone 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines)</li> </ul>	<p><b>Booster Dose</b> Everyone ages 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 5 months after the last dose in their primary series.</p>	<p><b>Booster Dose</b> Everyone ages 18+ should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 2 months after the first dose of J&amp;J/Janssen COVID-19 Vaccine. You may get J&amp;J/Janssen <a href="#">in some situations</a>.</p>
<b>When Boosted</b> A person is considered “boosted” and <b>up to date</b> right after getting their booster dose.	<b>When Boosted</b> A person is considered “boosted” and <b>up to date</b> right after getting their booster dose.	<b>When Boosted</b> A person is considered “boosted” and <b>up to date</b> right after getting their booster dose.

**We encourage you to discuss your vaccine questions and needs with your primary care physician!**



# CORNERSTONES OF CULTURE

**Nurturing**  
**Mindful**  
**Compassionate**  
**Accountable**  
**Appreciative**

- Promote a culture of **support, empowerment,** and **collaboration.**
- **Respect, appreciate,** and **celebrate** each other's differences.
- Promote ongoing **agency goals** and commit to **team success.**
- **Share ideas,** be open to suggestions, and maintain a **positive attitude.**
- Be **professional, honest,** and **sincere** to help create a trusting work environment.



HELPING PEOPLE. CHANGING LIVES.

Thank you  
for all you  
do!