

January 2022

COVID-19 News & Resources

The CDC recently updated its quarantine and isolation guidelines for people infected with or exposed to COVID-19. Please see below for a snapshot of these guidelines; or [CLICK HERE](#) for further information.

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home

***** These guidelines are specific to the general public and do not include congregate settings, early childcare or K-12 settings.**

[CLICK HERE](#) for K-12 guidance information.

[CLICK HERE](#) for LARA's *Guidelines for Safe Child Care Operations*

COVID-19

Quarantine | Isolation | Vaccination

CALCULATOR

Need to determine quarantine or isolation time? Check out this COVID-19 calculator from District Health Department #10. [CLICK HERE](#) for more information!



Below are resources for COVID-19 testing options in our area:

[District Health Department #10 service area](#)

[Health Department of Northwest Michigan service area](#)

[Benzie-Leelanau District Health Department service area](#)

[Central Michigan District Health Department service area](#)

[Grand Traverse County Health Department service area](#)

[Search testing sites across Michigan](#)

Did your self-test results come back positive? See the links below to complete a self-testing survey in your area:

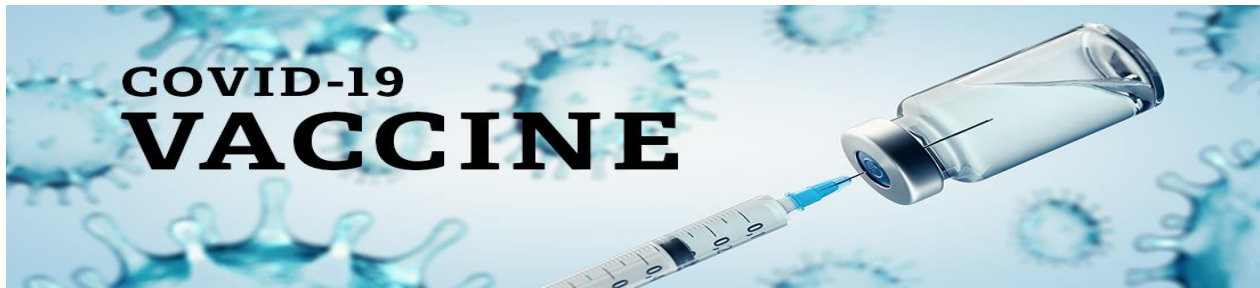
[District Health Department #10](#)

[Health Department of Northwest Michigan](#)

[Benzie-Leelanau District Health Department](#)

[Central Michigan District Health Department](#)

[Grand Traverse County Health Department](#)



Please refer to the links below for places in your community providing appointments and off-site clinics.

[District Health Department #10](#)

[Health Department of Northwest Michigan](#)

[Benzie-Leelanau District Health Department](#)

[Central Michigan District Health Department](#)

[Grand Traverse County Health Department](#)

[Additional vaccination sites](#)


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

For additional COVID-19 employee resources, be sure to check out our Human Resources Weebly site: <https://www.nmcaahr.com/>

A graphic titled "CORNERSTONES OF CULTURE" featuring a photograph of a wooden deck overlooking a sandy beach and the ocean. The text "CORNERSTONES OF CULTURE" is overlaid in gold and blue. Below the title is a list of five cornerstones: Nurturing, Mindful, Compassionate, Accountable, and Appreciative, each with a corresponding bullet point. At the bottom is the nmcaa logo and the tagline "HELPING PEOPLE. CHANGING LIVES."/>

CORNERSTONES OF CULTURE

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


HELPING PEOPLE. CHANGING LIVES.

Thank you
for all you
do!