



# COVID-19 QUARANTINE, ISOLATION, MASKING, & TESTING

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This information sheet is intended as a tool to assist in clarification and decision making for Public Library Directors and Boards. It is not intended as legal advice. Library Boards and Directors should consult with their library attorneys when determining a plan or policy for their libraries.

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On December 27, 2021, the CDC revised its isolation and quarantine period recommendations to better address the Omicron variant, and to address evolving scientific findings with respect to covid-19 infections, vaccines, etc.

The information below is based on the information [released by the CDC](#) on December 27, as well as existing information on the CDC coronavirus website, and the current Michigan MDHHS Public Health Advisory and recommendations as well as the “Covid-19 Employment Rights Act, 2020 PA 238, [MCL 419.401 et seq.](#)

This information is current as of 1/3/2022 but could change at any time. Libraries should continue to consult their library attorneys on employment and other policies involving Covid-19.

It is recommended that readers consult the definitions below while using the table at the end of this guide.

Please note that the Library of Michigan does not recommend or endorse any rapid or self-testing product or any retailer. This sheet and the chart below are provided for information purposes only.

## Definitions and Notes

**Boostered** - Has received a full dose of vaccine PLUS an additional “booster” dose after six months for Pfizer and Moderna or 2 months for J&J. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

**Determining the number of days isolated or quarantined** - For purposes of the CDC recommendations below, quarantine and isolation days as well as masking days are counted starting with the first day AFTER diagnosis, or the first day AFTER symptoms begin, or the first day AFTER exposure.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html> (see under “Quarantine,” and “You may be able to shorten your quarantine,” and under “isolation”.)

**Exposed** – Being within 6 feet (“Close Contact”) of another person diagnosed with Covid-19 for a total of 15 minutes or more. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html> (see “Quarantine” section.)

NOTE: Someone exposed to another person who was in close contact with someone else who has a diagnosed case of Covid-19 is not considered “exposed,” and does not have to quarantine or isolate. For example - A library employee’s child is diagnosed with Covid-19. THAT employee is considered “exposed” and must (under [MCL 419.401 et seq](#)) act according to the chart below (in accordance with their vaccination status). **However**, the rest of the staff and/or patrons who had contact with that employee **are NOT considered “exposed”** unless that employee is later diagnosed with Covid-19.

**Fully Vaccinated** – Has received all doses of a particular vaccine (i.e., 2 doses of Moderna or Pfizer within 6 months, 1 dose of J&J within 2 months). <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

**Isolate** – Separation from others when a person has been infected or is showing symptoms of infection. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

**Mask** - CDC page on masking offers multiple options, some more effective than others. Discussion with medical professionals in media outlets and on medical sites suggest that cloth masks alone are not sufficient for protection against Omicron. Consensus seems to be that a minimum of two snug-against the face cloth masks, or a cloth mask plus a disposable surgical mask, or a certified KN95, or N95, mask alone. A multi-layered cloth mask alone will provide some protection but is increasingly thought to be less effective against the highly contagious Omicron variant.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/types-of-masks.html>  
<https://www.cdc.gov/coronavirus/2019-ncov/variants/omicron-variant.html>  
[https://www.michigan.gov/coronavirus/0,9753,7-406-100997\\_100998---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-100997_100998---,00.html)  
<https://health.clevelandclinic.org/are-cloth-masks-enough-against-omicron/>  
<https://www.cnn.com/2021/12/24/health/cloth-mask-omicron-variant-wellness/index.html>

**NOTE** - Currently, the [CDC](#) and [Michigan's MDHHS](#) both recommend that all people in areas of high or substantial transmission wear appropriate snug fitting masks indoors if interacting with others not in the same household, including within the workplace, or if entering a business or other public place. It is also recommended to wear a mask outdoors if a person is attending a gathering.

**Natural Immunity** - Recovering from Covid-19 will provide a level of protection from becoming re-infected. However, the effectiveness of that protection and how long the protection lasts can vary depending on the strain of the virus contracted, the severity of the initial infection, the age of the person infected, and the time that has lapsed since the initial infection. There are also no tests to reliably determine if a person's natural immunity is enough to protect them. Officially, natural immunity gained by recovering from the virus is not recognized as immunity or immunization. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/prepare-for-vaccination.html> (see under "Get vaccinated even if you had COVID-19 and think you have natural immunity".)

**Quarantine** - Separation from others when a person might have been exposed to the virus and may or may not be infected. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

**Test** - For purposes of diagnosis, CDC recommends a viral test over an antigen test. Viral tests can be administered at home via a "Rapid Test," or "Self-Test," or by medical personnel via a laboratory test. However, rapid or self-tests can result in false or misleading results, and people with symptoms should follow up with a medical consultation and/or a laboratory test. <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

Rapid or self-tests can be obtained from stores such as [Meijer](#), [Target](#) and [Walmart](#), as well as online from Amazon.com and other retailers. Availability varies. Expect to pay around \$15 - \$25 per box of 2 tests. [Amazon](#) delivered a test within 1 week of order. **NOTE** - check prices carefully before ordering online- some third-party sellers are charging exorbitant prices, or some options are for bulk numbers of tests.

Laboratory tests can be obtained from a variety of locations throughout the state. Michigan has a [tool](#) to assist people with locating a testing site. In addition, many big-box and retail pharmacies (such as Meijer, Target, Walmart, Rite-Aid, Walgreens, CVS, etc.) are also offering testing. Cost and hours vary, and appointments are almost always required. Check the website of the retailer near you for more information on their Covid-19 testing policies. In addition, demand for testing is currently high in Michigan, so results can take several days to come back.

NOTE: Laboratory testing may not be free. The Michigan tool linked above indicates whether the testing site is free or not. In many circumstances, existing health insurance can be used. If using a retail location, check their website for cost information.

If rapid/self-test is negative and symptoms are present, contact a medical professional for further testing and advice.

If rapid/self-test is positive, contact your doctor and/or your local health department for further advice and testing. **If symptoms become severe, seek medical attention immediately.**

If locating a testing site is difficult, contact your local [County Health Department](#) for assistance (many of them offer testing too).

Recommendations below comply with the “Covid-19 Employment Rights Act”, 2020 PA 238, [MCL 419. 401 et seq.](#) Section 1, [MCL 419.401](#) definitions for “Quarantine period,” “Isolation period,” “Close Contact,” and other relevant references to the United States Centers for Disease Control and Prevention for purposes of compliance with the act. This act requires employers to prevent exposed, diagnosed, or symptomatic employees from entering the workplace in conjunction with CDC quarantine and isolation guidelines. This act also prevents employers from retaliating or disciplining employees who are absent from work due to Covid-19 (provided the employee is in compliance with the requirements of the act, and with the Covid-19 guidelines of the employer). Questions regarding this act should be discussed with the library’s attorney.

“\*,” next to a term in the chart below indicates that a definition or clarification for that term is available in the “Definitions” list above.

## COVID-19 QUARANTINE, ISOLATION, MASKING, & TESTING CHART

Criteria	Quarantine*	Isolate*	Wear a Mask*	Test*	No Recommendations
<b>Exposed to person with confirmed Covid-19 diagnosis (with or without symptoms)</b>					
Fully vaccinated Pfizer, Moderna, w/in last 6 months			10 days following exposure- indoors and out	Day 5 after exposure	
Fully vaccinated J&J w/in last 2 months			10 days following exposure indoors and out	Day 5 after exposure	
Recovered from Covid-19 (Natural immunity*)	Go by vaccination status	Go by vaccination status	Go by vaccination status	Go by vaccination status	
Fully vaccinated* Pfizer, Moderna, over 6 months ago AND Boostered			5 days following exposure indoors and out	Day 5 after exposure	
Fully vaccinated J&J over 2 months ago AND boosted			5 days following exposure indoors and out	Day 5 after exposure	

Fully vaccinated* Pfizer, Moderna, over 6 months ago – no booster	Stay home for 5 days		5 days following completion of quarantine indoors and out	Day 5 after exposure	
Fully vaccinated J&J over 2 months ago-no booster	Stay home for 5 days		5 days following completion of quarantine indoors and out	Day 5 after exposure	
Partially vaccinated* Pfizer, Moderna, J&J	Stay home for 5 days		5 days following completion of quarantine indoors and out	Day 5 after exposure	
Unvaccinated	Stay home for 5 days		5 days following completion of quarantine indoors and out	Day 5 after exposure	
<b>Exposed* to person who was exposed to someone diagnosed with Covid-19</b>					
All categories					No restrictions
<b>People with Covid-19 symptoms*</b>					
Fully vaccinated Pfizer, Moderna, w/in last 6 months		Stay home until symptoms resolve or negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Recovered from Covid-19 (Natural immunity*)	Go by vaccination status	Go by vaccination status	Go by vaccination status	Go by vaccination status	
Fully vaccinated J&J w/in last 2 months		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Fully vaccinated* Pfizer, Moderna, over 6 months ago AND boosted		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	

Fully vaccinated J&J over 2 months ago AND Boostered		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Fully vaccinated* Pfizer, Moderna, over 6 months ago – no booster		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Fully vaccinated J&J over 2 months ago- no booster		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested ASAP	
Partially vaccinated* Pfizer, Moderna, J&J		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Unvaccinated		Stay Home until symptoms resolve or a negative test result	5 days following completion of quarantine indoors and out	Get tested* ASAP	
Diagnosed with Covid-19					
All categories		No fewer than 5 days. After 5 days, if symptoms are resolved or getting better, and fever free for 24 hours.	5 days following completion of 5-day isolation		

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