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HEALTH DEPARTMENT  
NEWS RELEASE



**FOR IMMEDIATE RELEASE**

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**Kent County Health Department Changes Guidance on COVID-19 Isolation and Quarantine Periods**  
*Guidance Aligns with U.S. Centers for Disease Control and Prevention Protocols*

**GRAND RAPIDS, MI (December 28, 2021)** – The Kent County Health Department (KCHD) is changing its isolation and quarantine guidelines for people who have tested positive or been exposed to coronavirus to align with the U.S. Centers for Disease Control and Prevention (CDC) [protocols](#). The CDC says that science now shows the majority of COVID-19 transmission happens early in the illness, generally in the first one to two days before symptoms start and the two to three days thereafter. Therefore, effective immediately, the new guidance shortens the isolation and quarantine periods under certain scenarios. This guidance does not supersede local or state requirements.

If an individual tests positive for COVID-19, the new isolation guidelines, regardless of vaccination status, are:

- Isolate for five days,
- A person may leave isolation if they no longer have symptoms after five days,
- Continue to mask for an additional five days.

If an individual is exposed to someone with COVID-19, the new quarantine guidelines are:

- For people who *are not* vaccinated, or if it has been more than six months since they received the second dose of the Pfizer or Moderna vaccine or more than two months after receiving the J&J vaccine and *have not* received a booster, they should quarantine for five days followed by strict mask usage for five additional days.
- People who have received a booster *do not* need to quarantine following an exposure but should wear a mask for 10 days after the exposure.
- All persons who have been exposed should test five days after the exposure.
- A person who experiences symptoms during quarantine should be tested for COVID-19 and stay home until receiving a negative result.

“These new guidelines will mean less disruption to people’s lives and still slow the spread of the virus,” said Kent County Health Department Medical Director Dr. Nirali Bora. “However, COVID-19 cases and KCHD has been in the business of providing health services to Kent County since 1931. The Health Department is home to nearly 260 employees including public health nurses, sanitarians, health educators, technicians, public health administrators, and specialized staff at the Kent County Animal Shelter. The Health Department operates one main clinic and three satellite clinics located in Kentwood, Rockford, and Grand Rapids. To learn more about KCHD services, visit [www.accesskent.com/health](http://www.accesskent.com/health).

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deaths remain unacceptably high. We encourage everyone who is eligible to get vaccinated and boosted as soon as possible. Anyone who is experiencing symptoms should be tested as soon as possible.”

This new guidance applies to the public and may not apply to those residing in congregate living settings, schools, or people who work with individuals in high-risk groups.

The KCHD is currently updating all its guidance and communication materials to reflect the change in the isolation and quarantine guidelines.

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