



Macomb County Health Department COVID-19 Guidelines K-12 School Settings

Persons with COVID-19

- Persons who test positive for COVID-19 (PCR or antigen test) or who display COVID-19 symptoms (without an alternative diagnosis or negative COVID-19 test) should isolate at home regardless of vaccination status.
- Symptoms of COVID-19 include the following. These symptoms should be new or different/worse than baseline for any existing chronic illness.

Any one of the following:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of smell
- New loss of taste

OR

Two or more of the following:

- Subjective fever (felt feverish) or measured temperature of 100.4 degrees Fahrenheit or higher
- Chills or rigors (shaking or exaggerated shivering)
- Muscle aches without another explanation
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- Fatigue
- Congestion or runny nose

- Persons may return to school/work if:
 - At least 5 days have passed since symptom onset and
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications and

- Other symptoms have improved (loss of taste and smell may last for weeks or months and need not delay the end of isolation)
- Persons who never had symptoms but who test positive for COVID-19 may return to school/work if at least 5 days have passed since the date of their first positive COVID-19 test (provided no symptoms appeared during the 5-day period).
- Day zero (0) is the day of symptom onset or the day the positive test specimen was collected (if there were no symptoms). The isolation period ends at midnight on the last day of the isolation period. The last day of isolation is usually day 5 but may be a later day if symptoms have not improved or fever has not resolved for at least 24 hours without the use of fever-reducing medication.
- Wearing a mask around others for days 6-10 after an isolation period of 5 days is recommended.

Reporting COVID-19 Cases to the Macomb County Health Department

Administration must report persons who test positive for COVID-19 (PCR or antigen test). For detailed instructions, see [School and Childcare Weekly Communicable Disease Reporting](#). Or, go directly to [Submit Online Report](#) to enter aggregate case counts on a weekly basis. Until the COVID-19 section is available, aggregate counts may be submitted in the “Additional Comments” section. For questions, please contact the Communicable Disease program via email at diseasecontrol@macombgov.org.

Persons who have been Exposed to Someone with COVID-19

Persons (regardless of vaccination status) exposed to someone who is positive for COVID-19 should:

- Conduct symptom monitoring for 10 days
- and
- Test (if possible) at least 5 full days after exposure and if symptoms develop
- and
- Consider wearing a mask around others for 10 days from the date of last exposure