



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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Medical Director

Steve Hall, RS, MS
Health Officer

Main Office
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Administration 989-773-5921
FAX: 989-773-4319

Branch Offices:

Arenac County
4489 West M-61
Suite 3
P.O. Box 734
Standish, MI 48658
989-846-6541
FAX: 989-846-0431

Clare County
815 N. Clare Ave.
Suite B
Harrison, MI 48625
989-539-6731
FAX: 989-539-4449

Gladwin County
103 N. Bowery
Gladwin, MI 48624
989-426-9431
FAX: 989-426-6952

Isabella County
2012 E. Preston Ave.
Mt. Pleasant, MI 48858
989-773-5921
FAX: 989-773-4319

Osceola County
22054 Professional Dr.
Suite D
Reed City, MI 49677
231-832-5532
FAX: 231-832-1020

Marion Human Services
107 E. Main St.
P.O. Box 39
Marion, MI 49665
231-743-9877
FAX: 231-743-2140

Roscommon County
200 Grand Ave.
Suite A
Prudenville, MI 48651
989-366-9166

DATE: _____

RETURN TO WORK/RELEASE FROM QUARANTINE/RELEASE FROM ISOLATION NOTE FOR:

Name: _____ Date of Birth: _____

Based on current public health guidelines¹, recommendations for monitoring and return to activities for the above mentioned person are provided.

ACTION RECOMMENDED BASED ON RISK:

☐ **NONE**-there are no restrictions or action needed unless symptoms of illness occur

☐ **QUARANTINE X 14 DAYS:** Start date: _____ End Date*: _____

*This may be longer if a new exposure occurs or based on the infectious period of any household members

☐ **ISOLATION**

Start Date: _____

End Date: _____

- **NO SOONER THAN Date:** _____ **AND**
- At least 3 days (72 hours) have passed since they last had a fever without the use of fever-reducing medications **AND**
- Their respiratory symptoms (e.g., cough, shortness of breath) have been improving

Please call _____ at _____ if you have any further questions.

Sincerely,

Jennifer Morse, MD, MPH, FAAFP
Medical Director

¹ The primary resource used has been the CDC, specifically, The Risk Assessment and Management guidelines at <https://www.cdc.gov/coronavirus/2019-ncov/php/risk-assessment.html>