



District Health Department #10

Healthy People, Healthy Communities

Hello:

Below is guidance based on the CDC's updated quarantine guidelines.

Quarantine Recommendations:

- Stay home for 14 days after the last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

CDC and other scientists have explored changing the current recommendation to quarantine for 14 days after last exposure. Based on the most up to date science, the following can now be considered as an option:

Individuals can shorten their quarantine to 10 days after their last contact with a person who has COVID-19 **ONLY IF:**

- They do not develop any symptoms or signs of COVID-19 infection during daily symptom monitoring for the 10 days after the last exposure; and,
- Daily symptom monitoring continues through day 14 after the last exposure.

If there is any concern about whether or not they will follow these instructions, they should follow the standard 14 day quarantine.

We do not recommend ending quarantine sooner than 10 days. With or without testing, up to 1 in 10 people released from quarantine at 7 days will spread COVID-19 to others even if they tested negative for COVID-19. For more information, see

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>