



Jefferson County Health Department



OPTIONS FOR QUARANTINE AFTER EXPOSURE TO COVID-19

Effective on Monday, Dec. 7, 2020

The CDC released options to reduce quarantine for contacts of persons with COVID-19 using symptoms monitoring and diagnostic testing. Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. The new guidelines for quarantine options shorter than 14 days balance reduced burden against a small but non-zero risk of post-quarantine infection that is informed by new and emerging science.

Quarantine for 14 full days after the time of exposure remains the gold standard and our best strategy for preventing asymptomatic transmission of SARS-CoV-2, as the incubation period for the COVID-19 virus is 2- 14 days.

Who needs to Quarantine?

People who have been in close contact with someone who has COVID-19. This excludes people who have had COVID-19 within the past 3 months. People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. If they develop symptoms of COVID-19, they should isolate until they are well for at least 24 hours, or according to an alternate diagnosis by the appropriate health care provider.

You are a close contact if any of the following situations happened while you spent time with the person with COVID-19 (even if they did not have symptoms and either of you were wearing a mask):

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils with the person.
- They sneezed, coughed, or somehow got respiratory droplets on you.

Considerations

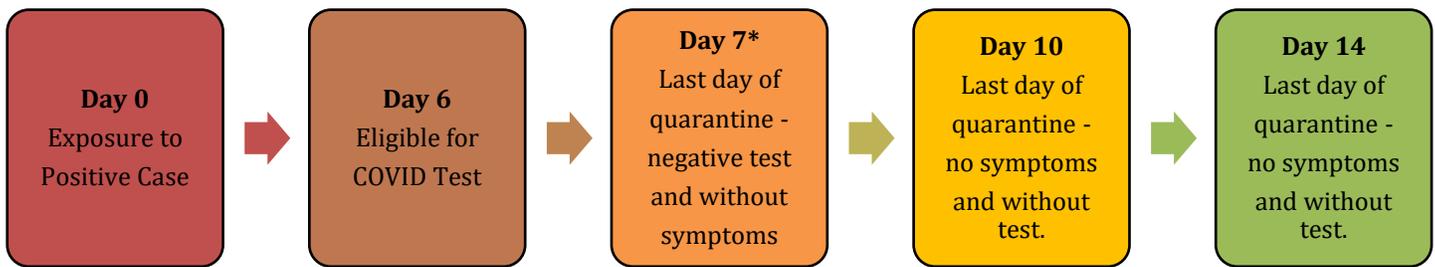
If individuals wish to end their quarantine at day 7 with a negative test, they will need to coordinate with their employer or school for early release. The health department is not able to provide proof of negative test results to end quarantine. Test results can be obtained via e-mail when tested at a WI National Guard testing site or should be requested from the medical facility that ordered testing. Shortened quarantine duration may not be appropriate in all settings, such as high-risk, congregate settings (i.e., long-term care facilities, shelters, schools, jails and prisons) and should be determined on a case by case basis.

Jefferson County Health Department's updates and COVID-19 dashboard will feature more on this topic as it becomes available from Department of Health Services and the Centers for Disease Control.

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QUARANTINE OPTIONS



*If you do not get your test results by Day 7, you must continue to quarantine until they are received.

14-Day Quarantine - No Symptoms, No Test

Quarantine can end after DAY 14 without testing and if no symptoms have been reported during daily monitoring. This is still the safest option for everyone, and especially for people who are higher risk, such as long-term care facilities, shelters, jails and prisons. **Stay home and monitor your health for 14 DAYS after your last contact with a person who had COVID-19.**

10-Day Quarantine - No Symptoms, No Test

Quarantine can end after DAY 10 without testing and if no symptoms have been reported during daily monitoring. **Stay home and monitor your health for 10 DAYS after your last exposure to COVID-19.**

7-10 Day Quarantine - No Symptoms, with Negative Test

Quarantine can end after DAY 7 with a negative rapid-antigen or PCR test result and if no symptoms were reported during daily monitoring. The person who was exposed can get tested no sooner than DAY 6 of their quarantine and must remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, your last day of quarantine may be as early as DAY 7. **Stay home and monitor your health for at least 7 DAYS after your last exposure to COVID-19.**

FOR ALL QUARANTINE OPTIONS:

- Daily symptom monitoring must continue through Day 14. Watch for fever (100.4 F), cough, shortness of breath or other symptoms consistent with COVID-19.
- If symptoms develop at any time, individuals should immediately self-isolate and get tested.
- Individuals must adhere strictly to all recommended non-pharmaceutical interventions, (i.e., consistent mask use, social distancing, and avoiding gatherings) for the full 14 days after exposure.
- Stay away from others, especially those who do not live with you or people who are at higher risk.

Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are unable to **completely separate** from the positive case are required to quarantine for the duration the positive case is in isolation and an additional 7-14 days from the positive case's last day of isolation. See quarantine options above. As such, household contacts may be quarantined for more than 7-14 days.