

CDC SHORTENS COVID-19 QUARANTINE PERIOD AHEAD OF HOLIDAY TRAVEL



TWO NEW ACCEPTABLE QUARANTINE PERIODS

The 14 day period of quarantine is still the best way to reduce the risk of virus spread. Officials are now saying you can reduce your quarantine if:

1. After 10 days without a COVID-19 test the person reports no symptoms of the virus
2. After 7 days with a negative COVID-19 test and no symptoms of the virus.

*Please wait 5 days after exposure to get tested to ensure accuracy of your test. A PCR or lab test is more reliable than an antigen or rapid test. If you receive a negative result with the rapid test, wait until you receive the final lab results before ending your quarantine.

In order to qualify for the shortened 7-day quarantine option, you must wait until your 6th day of exposure to get tested. Note that the 7 full days is the shortest length of quarantine that is possible.



WATCH FOR SYMPTOMS

You should watch for symptoms of the virus for 14 days after exposure. The shorter quarantine is to help reduce the economic hardship and lessen the stress on the public health system amid the increase in number of positive cases.



TRAVEL RECOMMENDATIONS

If you are going to travel the CDC recommends a test one to three days before travel and again three to five days after travel. Reduce non-essential activities for seven days after travel.



PRACTICE SAFETY MEASURES

Continue wearing a face covering, practice social distancing and wash/sanitize your hands often.

These measures combined with reducing non-essential activities will help lessen the spread of the virus during the holidays.



STAY WELL INFORMED

Know before you go. Get up to date information on areas that have higher rates of positive COVID-19 cases. Watch for new updates on health advisories and alerts from your local government.