QUARANTINE GUIDANCE FOR EXPOSURE TO COVID-19
Effective Monday, Dec. 7, 2020

Public Health
Prevent. Promote. Protect.
Winnebago County Health Department

The Wisconsin Department of Health Services and CDC released options to reduce the quarantine time for <u>close contacts</u> that have been exposed to COVID-19 but do not have symptoms. **All quarantine options require that close contacts continue to monitor for symptoms of COVID-19 for the full 14 days after exposure.** Research indicates that quarantine times can be reduced with small risk if additional precautions are taken.

Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of COVID-19, as the incubation period for the virus is 2-14 days.

This new guidance does NOT shorten the length of time someone INFECTED with COVID-19 needs to remain isolated.
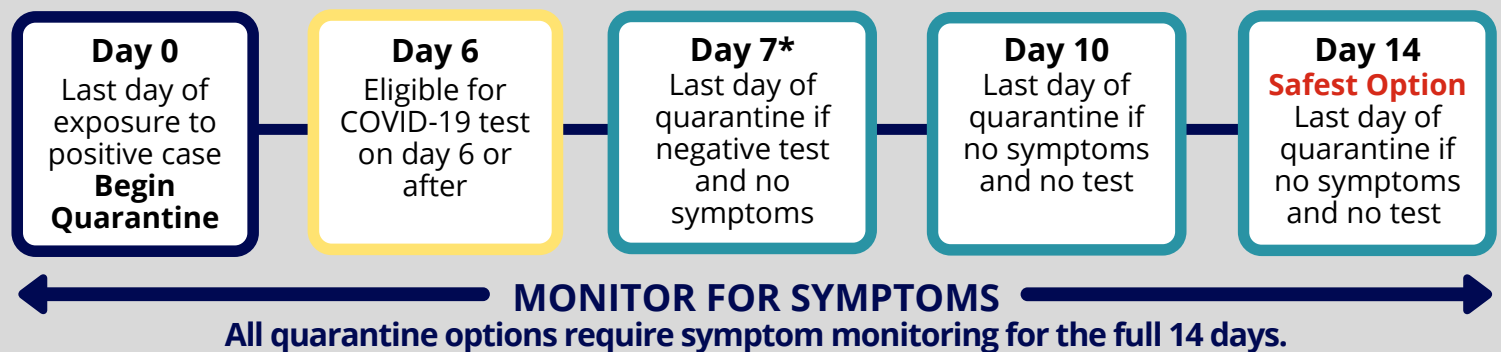
Who needs to Quarantine?

Anyone who has been in <u>close contact</u> with someone who has COVID-19 needs to quarantine. Quarantine helps prevent spread of disease that can occur before a person knows they are infected. People in quarantine should stay home, separate themselves from others and monitor their health.

You are considered a close contact if you were in contact with the person who has COVID-19 during their isolation or the two days prior to when they developed symptoms or were tested (if they don't have symptoms) AND any of the following situations happened:

- You were within 6 feet for a total of 15 minutes or more over the course of a day.
- You live with or 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.
- They sneezed, coughed or somehow got respiratory droplets on you.

Even if you and/or the person with COVID-19 were wearing a face mask during any of these situations, you are still considered a close contact.

Quarantine Options Timeline

| **Day 0** Last day of exposure to positive case **Begin Quarantine** | **Day 6** Eligible for COVID-19 test on day 6 or after | **Day 7*** Last day of quarantine if negative test and no symptoms | **Day 10** Last day of quarantine if no symptoms and no test | **Day 14** **Safest Option** Last day of quarantine if no symptoms and no test |

MONITOR FOR SYMPTOMS
All quarantine options require symptom monitoring for the full 14 days.

*If no test results by Day 7, continue to quarantine.

Considerations:

- 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 may not be appropriate in all settings, such as high-risk, congregate settings (i.e. long-term care facilities, shelters, jails and prisons) and should be determined on a case by case basis.
- 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.

Quarantine Options

FOR __ALL__ QUARANTINE OPTIONS:

- **Daily symptom monitoring must continue through Day 14.** Use <u>this chart</u> to track your <u>symptoms</u>.
- If symptoms develop at any time, immediately self-isolate, contact your healthcare provider and get tested.
- Individuals must adhere strictly to all recommended actions such as consistent mask use, social distancing, and avoiding gatherings for the full 14 days after exposure.
- <u>Symptoms</u> **of COVID-19 include fever, cough, shortness of breath, difficulty breathing, fatigue, chills, sore throat, new loss of sense of taste or smell, muscle/body aches, headache, congestion, runny nose, nausea, vomiting or diarrhea.**

Lowest Risk

14-Day Quarantine
No Symptoms, No Test Option

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 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.
- Watch for <u>symptoms</u> of COVID-19.
- If possible, stay away from others, especially people who are at <u>higher risk</u>.

May resume routine activities outside the home on Day 15

Medium Risk

10-Day Quarantine
No Symptoms, No Test Option

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 contact with a person who had COVID-19.
- Watch for <u>symptoms</u> of COVID-19. If any symptoms develop, immediately quarantine at home and make a plan to get tested.
- If possible, stay away from others, especially people who are at <u>higher risk</u>.

May resume activities outside the home on Day 11

Highest Risk

7-10 Day Quarantine
No Symptoms, Negative Test Option

Quarantine can end after DAY 7 with a **negative rapid-antigen or PCR test result** and if **no symptoms** were reported during daily monitoring. **See testing options here.**

- 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 contact with a person who had COVID-19.
- Watch for <u>symptoms</u> of COVID-19. If any symptoms develop, immediately quarantine at home and make a plan to get tested.
- If possible, stay away from others, especially people who are at <u>higher risk</u>.

The earliest someone could resume activities outside the home in this scenario is Day 8

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. Separation requires the infected person to have their own bathroom and bedroom.

Additional Resources:

- **CDC**
- **WI DHS**
- **WCHD**
- **Sample Quarantine Calendar**
- **Next Steps after Exposure to COVID-19**
- **Chart for Monitoring Symptoms**