



CLAY COUNTY

PUBLIC HEALTH CENTER



12/7/2020

The CDC recently modified its guidance regarding the number of days after exposure to COVID-19 an individual must quarantine. The revised guidance provides two, shorter quarantine options based on testing. An important consideration of the revised guidance is to take into the account the local prevalence of COVID-19 and testing capacity. While the needs and conditions of KC Metro jurisdictions vary, we agree with the CDC that the **preferred length of quarantine remains 14 days after exposure**. Research continues to identify that length as the safest option.

We encourage anyone who has been exposed to COVID-19 to stay home. Individuals who are asymptomatic should wait at least 7 days after exposure to get tested. As always anyone with COVID symptoms should be tested if possible.

Per CDC guidance, quarantining for the full 14 days is the preferred option. Based on the December 2nd CDC update, as a close contact, you may end your quarantine after 10 days IF you have NO symptoms, **but you must continue to wear your mask and monitor for symptoms for the full 14 day time period**. If at any time during that 14-day timeframe, you develop symptoms of COVID-19, please isolate and get tested.

Key points:

- CDC still recommends the full 14-day quarantine for any close contacts.
- Ending quarantine early is only an option if you have NO symptoms of COVID-19.
- Masking and symptom monitoring for full 14 days are required even if you are able to end the quarantine early based on this new option.
- If you are unable to wear a mask (in general or for a particular activity), you would need to complete the 14 day quarantine or avoid any activities for which you cannot wear a mask until the end of your 14 day quarantine.

Regarding the following CDC option: **"When diagnostic testing options are sufficient and available**, then quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g. in anticipation of testing delays) , but quarantine cannot be discontinued earlier than Day 7. Testing for the purpose of *earlier discontinuation of quarantine should be considered only if it will have no impact on community diagnostic testing*. **Testing of persons seeking evaluation for infection must be prioritized."**

CCPHC has determined that it is unable to support that option at this time due to not having sufficient testing capacity available. To attempt to do so at this time would have an adverse impact on our community diagnostic testing efforts.