



12/08/2020 **Update – 12/14/2020**

Changes to Quarantine process per CDC and IDPH guidance

All changes outlined below are interim and subject to additional change

– IDPH has updated test-out recommendations – Updates in Red Below

Effective immediately, the Adams County Health Department will implement CDC recommendations for quarantine adjustment. The following information specifies eligibility for reduction in quarantine and details about how quarantine processes will change. Other organizations who have supported the contact tracing efforts of the Department are asked to implement changes as outlined below and to request our direct assistance when questions about quarantine timeframes are not readily answered by the guidance below.

General Quarantine Guidelines

We recommend that individuals quarantine for the entire period of 14 days from their date of exposure. There remains a risk of developing symptoms until 14 days from an exposure to COVID. However, with changes to CDC and IDPH recommendations, our Department is adopting the following changes:

Individuals who have completed their 10th day of quarantine AND

- Have not experienced any symptoms of COVID during the entire 10 day timeframe;
- Agree to self-monitor for symptoms from their release from quarantine until after the 14th day from their exposure and immediately resume quarantine if any COVID symptom develops from the 11th – 14th day from exposure. We also strongly recommend testing if symptoms develop during this timeframe.
- Are not working in a high-risk setting that includes long-term care facilities or other professions that care for vulnerable populations.
- Are not a household contact of a positive individual. Household contacts must remain in quarantine through 14 days of their final date of exposure to their positive household contact.
- Are not identified as part of an ongoing outbreak situation or other situation where ongoing spread of COVID disease has been identified.

Individuals who have completed their 7th day of quarantine AND

- Receive a documented negative **molecular (RT-PCR or NAAT)** test on or after the 7th day from their final date of exposure. (We will not release based on tests conducted on the 6th day due to the abundant availability of testing in the community). **Rapid Antigen is not acceptable for early quarantine release at this time.**
- Have not experienced any symptoms of COVID during the entire 7 day timeframe;
- Agree to self-monitor for symptoms from their release from quarantine until after the 14th day from their exposure and immediately resume quarantine if any COVID symptom develops from the 8th – 14th day from exposure. We also strongly recommend testing if symptoms develop during this timeframe.
- Are not working in a high-risk setting that includes long-term care facilities or other professions that care for vulnerable populations.
- Are not a household contact of a positive individual. Household contacts must remain in quarantine through 14 days of their final date of exposure to their positive household contact.
- Are not identified as part of an ongoing outbreak situation or other situation where ongoing spread of COVID disease has been identified.

Individuals or organizations may continue to follow 14 day quarantine guidance. If an organization wishes to take a more conservative approach it is appropriate to do so.

“Public Health is Public Wealth”