



## For Immediate Release

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## Press Release: Shortened Quarantine Guidelines

In conjunction with the updated quarantine guidelines issued by the CDC and KDHE on December 2<sup>nd</sup>, 2020, ECHD is issuing similar guidance for Ellis County.

### Quarantine Guidelines for Positive Cases:

**Individuals with a positive COVID-19 test result will continue with a required 10 day isolation period that begins at the onset of symptoms or date of test (whichever is longer).**

### Quarantine Guidelines for Close Contacts:

There are two options, one with testing and one without testing. Both require the individual to be symptom-free throughout the duration of the quarantine period.

#### **Option 1- 7-Day Quarantine (Testing and No Symptoms)**

- After exposure, individual must monitor symptoms daily for 7 days.
- If there are no symptoms during this time frame, on or after day 5, the individual may get a PCR test (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative and the person remains symptom-free, the individual can discontinue quarantine on or after day 7.
- If testing results are pending on day 7, the individual must not leave quarantine until results are received.
- If the individual tests positive they must isolate for 10 days from the date of test.

#### **Option 2 - 10-Day Quarantine (No testing and No symptoms)**

- After exposure, you monitor yourself for symptoms daily for 10 days.
- If you have no symptoms during the 10 days, you can discontinue quarantine without a test.

ECHD will continue to recommend that all exposed individuals self-monitor for symptoms for **14 days** from exposure and contact their healthcare provider if symptoms develop.

Due to high-risk environments, residents in long-term care facilities, assisted-living facilities and incarcerated individuals are not eligible for shortened quarantine periods.

These shortened quarantine guidelines will take effect beginning Monday, 12/7/2020 at 8:00am. Any individuals in quarantine that are symptom free and have completed 10 days of isolation as of Monday, 12/7/2020 at 8:00 am can discontinue quarantine.

