



For Immediate Release

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Press Release: Shortened Isolation/Quarantine Guidelines

In conjunction with the CDC plan to reduce the duration of isolation/quarantine, ECHD is issuing similar guidance for Ellis County.

Isolation of individuals with a positive COVID test:

- **5 days of isolation following the onset of symptoms or a positive test.**
- **Followed by 5 days of mask-wearing while in close contact with others**

Quarantine of Individuals that are exposed to COVID:

- After exposure, quarantine, and monitor for symptoms daily for 5 days.
- If you remain asymptomatic after day 5, you may return to regular activity.
- The CDC continues to recommend wearing a mask for an additional 5 days

Some high-risk situations, such as residents in long-term care and assisted facilities as well as offender populations that are incarcerated, may not be eligible for shortened quarantine periods.

Quarantine and isolation are voluntary compliance measures to help limit viral transmission. Employers and school officials may increase or decrease these guidelines as necessary to continue safe operations. The ECHD encourages all citizens to take measures to ensure their safety.

