

COVID-19 Quarantine: Updated Guidance and Recommendations

Updated December 5, 2020

The Toledo-Lucas County Health Department supports and recommends that all individuals exposed to a COVID-19 positive individual quarantine for the full 14 day duration for the health and safety of everyone who lives, learns, works, or plays in Lucas County.

The scenario below poses the greatest risk of releasing individuals too early from quarantine before illness develops and leading to increased spread, illness, and avoidable deaths in our community. Only individuals ignoring quarantine entirely pose a greater risk.

| Option 2 to Reduce Quarantine | | |
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| Duration of Quarantine | Recommended Actions | TLCHD Guidance |
| <ul style="list-style-type: none"> Stay at home for at least 7 days after last exposure (day zero). <p>AND</p> <ul style="list-style-type: none"> Obtain a negative test result for COVID-19 from a sample collected on day 5 or later after last exposure (day zero). <p>AND</p> <ul style="list-style-type: none"> Self-monitor for symptoms through day 14. | <ul style="list-style-type: none"> Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Persons who have symptoms of COVID-19 or who test positive for COVID-19 shall self-isolate and follow recommendations for discontinuing isolation. | <ul style="list-style-type: none"> Discussion: this option for quarantine is proposed as an alternative by the CDC and ODH when several conditions have been met: <ul style="list-style-type: none"> *When diagnostic testing resources are sufficient and available; A test sample is collected on or after day 5 of quarantine and the result comes back negative for COVID-19. **This option shall only be used when a 14-day quarantine is not possible and avoided if you work, live in, or visit congregate living facilities or high-density workplaces. |

***Burden of additional testing:** 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. Diagnostic testing during quarantine will require capacity to produce results within a short period of time, and to report these additional results to public health authorities in a timely manner.

****CDC:** any option to shorten quarantine risks being less effective than the currently recommended 14-day quarantine.

