

COVID-19 Quarantine: Updated Guidance and Recommendations

Updated December 5, 2020

The Centers for Disease Control and Prevention (CDC) and the Ohio Department of Health (ODH) recently issued new guidance on the duration of quarantine for anyone exposed to a person who tested positive for COVID-19. In accordance with this guidance, the Toledo-Lucas County Health Department (TLCHD) strongly recommends that individuals exposed to a COVID-19 positive person self-quarantine for fourteen (14) days from the date of last exposure (day zero).

Optimal Duration to Minimize Risk of Transmission

Duration of Quarantine	Recommended Actions	TLCHD Guidance
<ul style="list-style-type: none">• Stay at home for at least 14 days after last exposure (day zero).• *This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible	<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 develop 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">• Recommended: this is Gold Standard ★ duration for quarantine.• Reason: COVID-19 has a 2-14 day incubation period once it infects a person. This is the time it takes for sickness to develop in your body if you are infected.• ODH/CDC: A 14-day quarantine presents the lowest risk of post-quarantine transmission to family, friends, and co-workers.

*A "high density" workplace is any workplace where the potential for frequent or prolonged close contact with coworkers or members of the public exists. These are spaces where six (6) feet or more distance cannot be maintained throughout an individual's shift. OSHA places these individuals into a Medium Exposure Risk category and includes schools, high-volume retail settings and high-population-density work environments (<https://www.osha.gov/Publications/OSHA3993.pdf>).

The CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. (<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>)



COVID-19 Quarantine: Updated Guidance and Recommendations

Updated December 5, 2020

The CDC's proposed option to reduce the length of quarantine may make it easier for people to quarantine by reducing the time they cannot work. A shorter quarantine period also can lessen stress on the public health system, especially when new infections are rapidly rising.

Option 1 to Reduce Quarantine

Duration of Quarantine	Recommended Actions	TLCHD Guidance
<ul style="list-style-type: none"> • Stay at home for at least 10 days after last exposure (day zero). • AND • 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.) • Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10. • Persons who develop 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 to achieve several goals: <ul style="list-style-type: none"> ○ Reduce the burden on individuals that may experience greater physical or mental, and economic hardship during a 14 day quarantine; ○ Increase the number of people complying with quarantine to reduce disease in the community; ○ Increase the number of people who comply with contact tracing efforts and name their close contacts to reduce disease in the community. • *This option shall only be considered when a 14-day quarantine is not possible; it shall be avoided if you work, live in, or visit congregate living facilities or high-density workplaces.

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



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

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 develop 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.

