



The CDC released options to reduce quarantine for contacts of persons with COVID-19 using symptoms monitoring and diagnostic testing. Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. The new guidelines for quarantine options shorter than 14 days balance reduced burden against a small but non-zero risk of post-quarantine infection that is informed by new and emerging science.

Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of SARS-CoV-2, as the incubation period for the COVID-19 virus is 2- 14 days.

Who needs to Quarantine?

People who have been in [close contact](#) with someone who has COVID-19. This excludes people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. If they develop symptoms of COVID-19 they should isolate until they are well for at least 24 hours, or if an alternative diagnosis is made, until they can return to school according to that diagnosis. Encourage the individual to be evaluated by their healthcare provider for an alternative diagnosis other than COVID-19.

What does it mean to be a "[close contact](#)"?

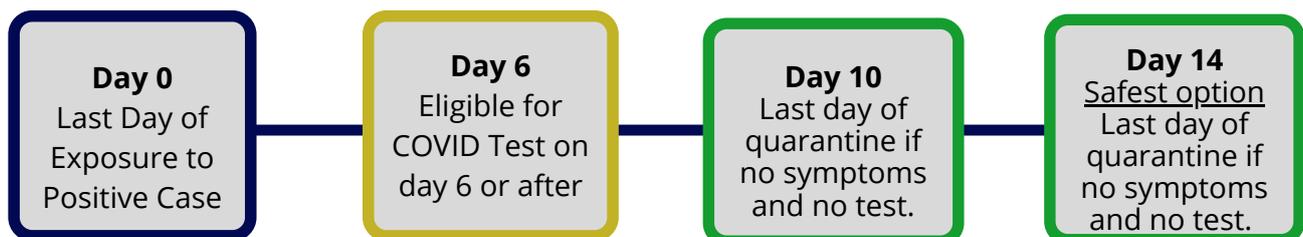
You are a close contact if any of the following situations happened while you spent time with a person with COVID-19 (even if they didn't have symptoms and were wearing a mask):

- You were within 6 feet of the person for a total of 15 minutes or more over the course of a day.
- You provided care at home to the person.
- You had direct physical contact with the person (hugged or kissed them).
- You shared eating or drinking utensils with the person.
- You had a sleep over with the person.
- They sneezed, coughed, or somehow got respiratory droplets on you.

Considerations

Shortened quarantine duration may not be appropriate in all settings, such as high-risk, congregate settings (i.e. long-term care facilities, shelters, jails and prisons) and determined on a case by case basis.

Quarantine Options Timeline



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Quarantine Options

14-Day Quarantine (Recommended) No Symptoms, No Test Option

Quarantine can end after DAY 14 [without testing](#) and if [no symptoms](#) have been reported during daily monitoring. This is still the safest option.

- Stay home and monitor your health for 14 DAYS after your last contact with a person who had COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or other [symptoms](#).
- If possible, stay away from others, especially people who are at [higher risk](#).

10-Day Quarantine No Symptoms, No Test Option

Quarantine can end after DAY 10 [without testing](#) and if [no symptoms](#) have been reported during daily monitoring.

- Stay home and monitor your health for 10 DAYS after your last contact with a person who had COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or other [symptoms](#).
- If possible, stay away from others, especially people who are at [higher risk](#).

After stopping quarantine, you should:

- Daily symptom monitoring must continue through Day 14.
- If symptoms develop at any time, individuals should immediately self-isolate and get [tested](#).
- Individuals must adhere strictly to all recommended COVID spread prevention practices, (i.e., consistent mask use, social distancing, and avoiding gatherings) for the full 14 days after exposure.

Sheboygan County Public Health still recommends that individuals quarantine for 14 days when possible. 14 day quarantine have the lowest chance of further spreading COVID-19 in the community.

Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are unable to completely separate from the positive case are required to quarantine for the duration the positive case is in isolation and an additional 7-14 days from the positive case's last day of isolation. See quarantine options above. Household contacts may be quarantined for more than 10-14 days.

Sources: [CDC](#) and [WI DHS](#)

*Adapted from Fond du Lac County Health Department