



NEMAHA COUNTY COMMUNITY HEALTH SERVICES, INC.

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12/07/20

Effective Immediately

Nemaha County Adopts Shortened Quarantine from the CDC:

Nemaha County has chosen to “opt in” to the KDHE and CDC shortened quarantine period for asymptomatic persons that have been exposed to a positive case of COVID-19.

Please see information below:

7-Day Quarantine (Testing and No Symptoms)

- After exposure, monitor yourself for symptoms daily or participate in monitoring by Public Health for 7 full days.
- If you have no symptoms during this time frame, on Day 6 you may get a sample taken for a PCR test (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative, and you remain symptom-free, you can be removed from quarantine after seven full days, which is on Day 8.
- If testing results are pending, you must wait until you receive results. Be advised that sometimes PCR tests can take longer than 2 days for results and you will need to continue with quarantine until results are received.
- Note that the last day you were exposed to a positive case of COVID-19 is considered day 0.

10-Day Quarantine (No Testing and No Symptoms)

- After exposure, monitor yourself for symptoms daily or participate in Public Health monitoring for 10 full days.
- If you have no symptoms during the 10 days, you can be released from the quarantine without a test on Day 11.
- Note that the last day you were exposed to a positive case of COVID-19 is considered day 0.

Note that a household contact's quarantine period starts after the positive case has been released from isolation.

KDHE recommends all exposed people should self-monitor for 14 days from exposure and contact healthcare provider if symptoms develop. The disease can still develop through day 14.

Due to high risk situations, those residents in long-term care and assisted facilities as well as offender populations in Kansas Department of Corrections prisons, are not eligible for shortened quarantine periods in any county.

If you have any questions regarding COVID-19 or your quarantine period, you may email us nemahascovid@rainbowtel.net.