

News Release

# Nebraska Updates COVID-19 Quarantine Directions To Match Latest CDC Recommendations

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## CONTACTS

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**Lincoln** – The Nebraska Department of Health and Human Services (DHHS) today issued updated directions for Nebraskans on COVID-19 quarantine standards.

The Centers for Disease Control and Prevention (CDC) released new recommendations Wednesday following research to better understand when COVID-19 transmission is most likely to occur. The new recommendations shorten the window for quarantine.

For those with a close contact exposure to someone with COVID-19 or anyone experiencing COVID-19 symptoms, quarantine is recommended to limit opportunities for virus transmission to others.

Effective today, quarantine can end after seven (7) days since a COVID-19 close contact only if all of the following conditions have been met:

- The person seeks a COVID-19 test on day five (5) following their exposure to another person testing positive and their test is negative.
- The person is not experiencing symptoms.
- The person continues to self-monitor for COVID-19 symptoms and wears a mask through day 14.

For those who've had a close contact exposure to COVID-19 but don't take a test, quarantine can end when all of the following conditions have been met:

- At least 10 days have passed since close contact exposure.
- No COVID-19 symptoms have developed.
- The person continues to self-monitor for symptoms, and wears a facial covering through day 14.

Anyone testing positive for COVID-19 must isolate for at least 10 days from the date of their test. Isolation can end when the following conditions have been met:

- The person is fever-free without the use of fever reducing medicine for 24 hours.
- Any COVID-19 symptoms are improving, though some symptoms may linger.

The current Directed Health Measures (DHM) will be updated to reflect these changes and take effect today, Thursday, Dec. 3 at 5 p.m. CT. More on the new guidance is available at <http://dhhs.ne.gov/Pages/COVID-19-Directed-Health-Measures.aspx>

# COVID EXPOSED HOW TO QUARANTINE

If you have been within **6 feet** of someone with COVID-19 for a total of **15 minutes** or more on any day that they may have been infectious, you are a **close contact**. You must quarantine.

## FOR THE NEXT 14 DAYS...

### WATCH YOURSELF FOR SYMPTOMS OF COVID-19

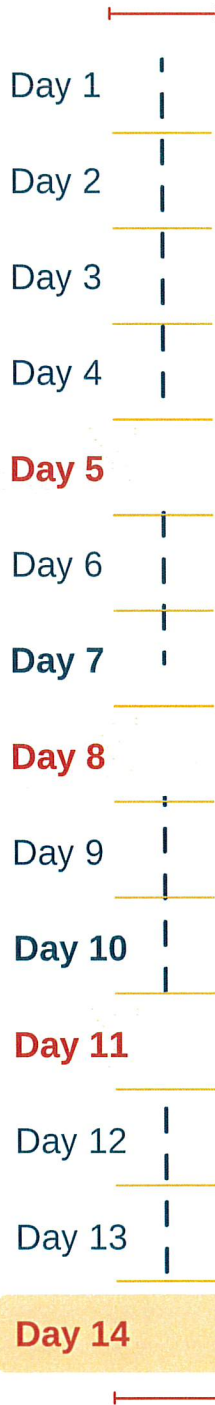
- Fever or chills
- Cough
- Shortness of breath or trouble breathing
- Tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

### WEAR A MASK

Whenever you are with any other people, even if you are at home.

Make sure it fits over your mouth and nose.

**CALL YOUR DOCTOR and GET TESTED IF YOU HAVE COVID-19 SYMPTOMS.**



### STAY HOME

If you can't stay home or away from others for 14 days, you *may* be able to shorten your in-home quarantine by meeting the conditions below.



You can get tested on or after day 5. If your test is negative you may be able to discontinue in-home quarantine on day 8 if you don't have symptoms. **Note: antibody tests do not count.**

**With a negative test** - If you have **no symptoms on or before day 7 and tested negative on or after day 5**, you can discontinue in-home quarantine on day 8. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

**Without a test** - If you have **no symptoms on or before day 10**, you can discontinue in-home quarantine on day 11. **You must keep wearing your mask at all times and monitor for symptoms through day 14.**

**LAST DAY OF QUARANTINE**