



Ford County Public Health Department

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Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing

On December 2, 2020, the Centers for Disease Control and Prevention (CDC) released new options for public health authorities to consider for establishing quarantine time frames for contacts of a person with SARS-CoV-2. The CDC currently recommends a quarantine period of 14 days. However, the following options to shorten quarantine are acceptable alternatives:

- Quarantine can end **after** Day 10 without testing and if no symptoms have been reported during daily monitoring. With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- Quarantine can end **after** Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than Day 8. In other words, the earliest they could test would be on Day 6. With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

Due to the risk of severe illness and congregate transmission, IDPH does not recommend application of the two shortened quarantine in congregate settings.

With both options the following additional criteria through Day 14 must be met:

- Correct and consistent mask use (including within homes),
- Social distancing,
- Hand and cough hygiene,
- Environmental cleaning and disinfection,
- Avoiding crowds,
- Ensuring adequate indoor ventilation,
- Monitoring for symptoms of COVID-19 illness, and
- Minimizing contact with persons at increased risk for severe illness, including vulnerable and congregate populations.

Ford County Public Health Department will continue to ask close contacts complete daily health assessments and monitor one's health through day 14. It is also important to remember that household contacts that cannot completely separate within a home, quarantine does not begin until the COVID positive person has completed their isolation.

For more information on reducing quarantine guidelines, go to [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing | CDC](#)