

# CDC Announces Shortened COVID-19 Quarantine Periods

KDHE adopts CDC's guidance with modifications

**KDHE continues to recommend a 14-day quarantine following exposure to COVID-19, as the incubation period for this disease is 14 days. CDC has released modified guidance allowing for shorter quarantine periods to increase better compliance with quarantine and increase people getting tested. Local Health Departments may choose to opt into this guidance. For information in your county, please contact your local health department.**

## How the Shortened Time Period Works

(Please check in with your local health department for specific information in your community)

### 7 Day Quarantine (Includes Testing and No Symptoms)

- After exposure, you 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.

### 10 Day Quarantine (No Testing and No Symptoms)

- After exposure, you 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.

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

## Who is Not Eligible for Shortened Quarantine:

- Residents of long-term care and assisted living facilities
- Offender populations in Department of Corrections prisons

## When is it Preferable Not to Shorten Quarantine:

- Close contacts of cases infected with variants of the SARS-CoV-2 virus that are known to be more infectious are recommended to observe the full 14-day quarantine.