



December 4, 2020
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FOR IMMEDIATE RELEASE
Ohio Department of Health, CDC Release New Quarantine Guidance

[Akron, OH] – The Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC) have released alternatives for the quarantine period following qualifying exposure to Covid-19. Summit County Public Health has reviewed these guidelines and based on local testing availability, our current Level 4/ Purple status in the Ohio Public Health Advisory System, and resource availability, **Summit County Public Health will continue to recommend a 14 day quarantine as the most optimal and safest option for contacts exposed to Covid-19 cases in order to minimize the risk of disease transmission.** However, in situations where routine testing is available, the following alternatives may be available for individuals who are asymptomatic.

	Duration of Quarantine	Recommended Actions
Optimal Duration to Minimize Risk of Transmission	Stay at home for at least 14 days* after last exposure. * A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19.) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
Reduced Duration 1	Stay at home for at least 10 days after last exposure.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19 .) Consider obtaining a viral test near the end of this period (day eight or later) to increase certainty that there is no infection, but quarantine cannot be discontinued earlier than after day 10. Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
Reduced Duration 2	Negative test result for SARS-CoV-2 (the virus that causes COVID-19) from a sample collected on day five or later after last exposure AND stay at home for at least seven days after last exposure.	Maintain social distance (at least 6 feet) from others and wear a mask when around other people. Self-monitor for symptoms through day 14 . (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19 .) Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.

Source: ODH, 2020





It is important to note the associated risk with these alternative quarantine strategies. A quarantine ending on day 10 without testing and no symptoms poses a risk of post-quarantine transmission (the risk of spreading covid-19 after those ten days) of approximately 1%-10%. Quarantine ending on day 7 with testing and without symptoms poses a risk of post-quarantine transmission of approximately 5-12%.

Summit County will not issue release letters for these quarantine alternatives and will not verify negative tests. This function will need to be performed by employers and schools in order to verify these results are valid and meet alternative quarantine guidelines as detailed by the Ohio Department of Health and the Centers for Disease Control and Prevention.

If you have questions, call the COVID-19 Call Line (330) 926-5795. The call line is open from 9:00 a.m. to 4:00 p.m. M-F.

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