

NEW INFORMATION ON QUARANTINE FOR COVID-19 (12/3/20)

Revised Options to Discontinue Quarantine

FAQ's

Q: What has changed?

A: There are now three options:

1. Quarantine can remain at 14 days.
2. Quarantine can end after **Day 10** without testing and if no symptoms have been reported during daily monitoring.

Quarantine can end after **Day 7 if a COVID-19 test collected on or after Day 5** is negative and if no symptoms were reported during daily monitoring. (*Diagnostic testing resources must be sufficient and available*)

Q: Why the changes?

A: The CDC revised its guidance based on ongoing research. We are learning more as we work through the pandemic and changes will be made in the best interest of the public's health. The CDC still recommends a 14 day quarantine period when possible. However, reducing the length of quarantine may reduce the burden of quarantine and may increase community compliance.

Q: Are there risks with ending quarantine according to the new CDC guidance.

A: With the 10 day strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.

With the 7 day strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

With the 14 day strategy, the residual post-quarantine transmission risk is estimated to be about 0.1% with an upper limit of about 3%.

Q: What if I end my quarantine before 14 days according to the new guidelines?

A: You need to self-monitor for the development of COVID-19 symptoms and wear a mask over the nose and mouth for the full 14 days.

Q: What if I am in quarantine now?

A: That depends on the date you were quarantined. If you started quarantine on November 23rd or earlier, you have now completed your 10 day quarantine and can return to routine activities. However, you must self monitor for symptoms and wear a mask through Day 14 of the original quarantine.

If you have completed less than 10 days, you may:

- Stay quarantined for 10 days from your initial quarantine date and then if you have no symptoms, you may resume routine activities. However, you must self monitor for symptoms and wear a mask through Day 14 of the original quarantine.
- If you are at least Day 5, you can elect to test out of quarantine and should seek a test. If your test results are negative, you may resume normal activities starting on Day 7. However, you must self monitor for symptoms and wear a mask through Day 14 of the original quarantine.

Q: What if I start to show COVID-19 symptoms during quarantine?

A: If you start to have symptoms of COVID-19, you should seek a diagnostic test. You will need to isolate until you get your test results so that you don't spread the virus to others.

Q: What is a “diagnostic test”?

A: PCR tests and Antigen tests (nasal or oral specimen) are acceptable tests. Antibody test (blood specimen) results do not qualify for ending quarantine early.

Q: What if I don't have symptoms, but I still get a positive test result?

A: Some people do not show symptoms. If you receive a positive test result, you should isolate. This has not changed. You must isolate for 10 days **and** until you have been fever-free without fever reducing medicine for 24 hours **and** your symptoms have improved.

Q: What is self-monitoring for symptom development? How do I do that?

A: Monitor daily for symptom development, which can include a fever (of 100.4 F or above) or chills, cough, shortness of breath or difficulty breathing, tiredness, muscle aches, headaches, loss of taste or smell, sore throat, runny nose, nausea or vomiting, and diarrhea. If you develop symptoms, seek a COVID-19 test.

Q: Where can I get a “diagnostic” test?

A: Ask your healthcare provider for a test. Or you may go to [Testnebraska.com](https://www.testnebraska.com) and sign up for a test at no cost to you.

Visit [Testnebraska.com](https://www.testnebraska.com), or [TestNebraska.com/es](https://www.testnebraska.com/es) for Spanish, to schedule an appointment at one of more than 60 Test Nebraska locations across the state. Those with questions about testing or who need help completing the online assessment can call the Test Nebraska hotline at (402) 207-9377.