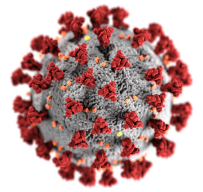


# BARRON COUNTY QUARANTINE RECOMMENDATIONS FOR EXPOSURE TO COVID-19

Effective on Monday, Dec. 7, 2020



The CDC has released new options for quarantine for those who have been in close contact with someone who tested positive for COVID-19. Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. This helps to prevent the spread of the virus in our communities. The new guidelines for quarantine options shorter than 14 days come from weighing the risk of transmission against the financial and other burdens quarantine can create.

**A full 14-day quarantine from the time of exposure is still the safest way to prevent asymptomatic transmission. The incubation period for the COVID-19 virus is still 2-14 days.**

## Who needs to Quarantine?

People who have been in close contact with someone who has COVID-19.

What does it mean to be a "close contact"?

You are a close contact if any of the following situations happened while you spent time with the person with COVID-19 (even if they didn't have symptoms and were wearing a mask):

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over the course of a day.
- You provided care at home to someone who is sick with COVID-19.
- You had direct physical contact with the person (hugged or kissed them).
- You shared food, drinks, eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms. If they develop symptoms of COVID-19 they should isolate until they are well for at least 24 hours, or if an alternative diagnosis is made, until they can return to work or school according to that diagnosis. Encourage the individual to be evaluated by their healthcare provider for an alternative diagnosis other than COVID-19.

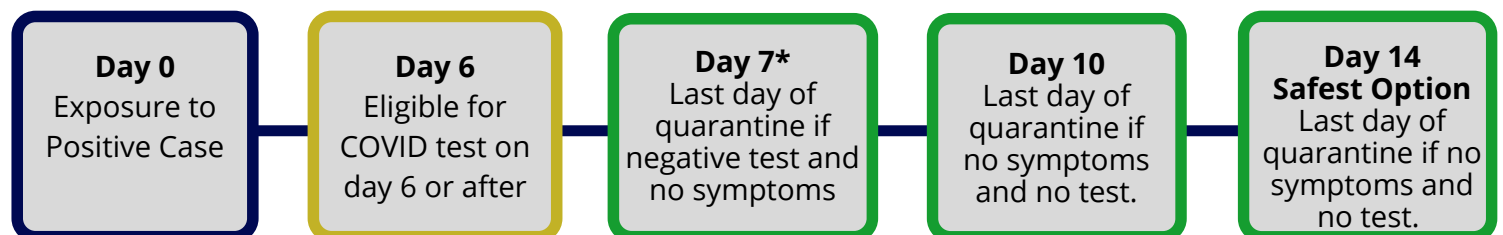
**Anyone who is waiting for a COVID-19 test result.**

If you had a COVID-19 test and are waiting for your results, you must stay home until the results come back.

## Considerations

If individuals wish to end their quarantine at day 7 with a negative test, they will need to coordinate with their employer or school for early release. The health department is not able to provide proof of negative test results to end quarantine. Test results can be obtained by e-mail when tested at a WI National Guard testing site, or should be requested from the medical facility that completed the test. **Shortened quarantine may not be appropriate in all settings**, such as high-risk and group settings ( long-term care facilities, shelters, jails and prisons) and should be determined on a case by case basis.

## Quarantine Options Timeline



\*If no test results by Day 7, continue to quarantine.

*Continues on next page*

# Quarantine Options

## FOR ALL QUARANTINE OPTIONS:

- Daily symptom monitoring must continue through Day 14.
- If symptoms develop at any time, individuals should immediately self-isolate and get tested.
- Individuals must strictly follow all recommendations (wearing a mask, social distancing, and avoiding gatherings) for the full 14 days after exposure.

## 14-Day Quarantine

### No Symptoms, No Test Option

Quarantine can end after DAY 14 **without testing** and if **no symptoms** have been reported during daily self monitoring. This is still the **safest option** for people who are higher risk, such as long-term care facilities, shelters, jails and prisons.

- Stay home and monitor your health for 14 DAYS after your last contact with a person who had COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or any other symptoms.
- Stay away from others, especially people who are at higher risk.

## 10-Day Quarantine

### No Symptoms, No Test Option

Quarantine can end after DAY 10 **without testing** and if **no symptoms** have been reported during daily self monitoring.

- Stay home and monitor your health for 10 DAYS after your last contact with a person who had COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or any other symptoms.
- Stay away from others, especially people who are at higher risk.

## 7-10 Day Quarantine

### No Symptoms, Negative Test Option

Quarantine can end after DAY 7 with a **negative rapid-antigen or PCR test result** and if **no symptoms** were reported during daily self monitoring.

- The person who was exposed can get tested no sooner than DAY 6 of their quarantine and must remain in quarantine until a result comes back. If the test comes back negative and you have no symptoms, your last day of quarantine may be as early as DAY 7.
- Stay home and monitor your health for at least 7 DAYS after your last contact with a person who had COVID-19.
- Watch for fever (100.4 F), cough, shortness of breath or any other symptoms.
- Stay away from others, especially people who are at higher risk.

## Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are not able to completely separate from the positive case are required to quarantine for the duration the positive case is in isolation and an additional 7-14 days from the positive case's last day of isolation. See quarantine options above. Household contacts may be quarantined for more than 7-14 days.

The [Barron County webpage](#) will be updated as information is available.

Sources: [CDC](#) and [WI DHS](#)