



BACKGROUND

Since the start of the pandemic, the CDC has recommended 14-day quarantine, and still lists this as the best option. As we progress in the knowledge of COVID and how it affects society, recommendations, band considerations change. Effective December 2nd, 2020, the CDC is allowing state and local health departments to implement options for alternative COVID quarantine periods. These are recommendations based off emerging studies on viral transmission.

CURRENT RECOMMENDATION

14-day quarantine is still the best practice and stated as [general guidance from the CDC](#).

CONSIDERATIONS FOR STATE AND LOCAL HEALTH DEPARTMENTS

State and local health departments may consider [alternative quarantine practices](#) based on risk of transmission. Any individual on quarantine should stop all non-essential community interactions. Testing and quarantine do not reduce the need for distancing, masks or hand hygiene. As of December 2nd, 2020 there are now two alternatives to a 14-day quarantine for state and local health departments to consider:

- Quarantine for 7 days with a COVID PCR test on or after day 7
 - There is a residual risk of 5% (upper limit 10%) of someone testing negative on day 7 and exposing others
 - Quarantined individuals will need to self-monitor for symptoms for 14 days, even with a negative test result
- Quarantine for 10 days without a COVID PCR test
 - There is a residual risk of 1% (upper limit 10%) of someone completing 10 days of quarantine and exposing others
 - Quarantined individuals will need to self-monitor for symptoms for 14 days, even with after completing 10 days of quarantine

WHO MAKES THIS DECISION?

The Governor, state or local health departments are the only ones that may implement alternative quarantine requirements.

TRAVEL RECOMMENDATIONS

If traveling, individuals should have a COVID test no earlier than 72 hours prior to travel. Additionally, individuals should have a COVID PCR test 3 – 5 days after travel. This does not remove the 7-day requirement for quarantine if there are travel quarantine restrictions. Travelers should still monitor for symptoms 14 days after travel.