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Clark County Combined Health District- Health Alert
COVID-19: ODH Recommended Options for Quarantine
December 5, 2020

On December 1, the Centers for Disease Control and Prevention (CDC) released a scientific briefing with considerations for reducing quarantine for individuals exposed to COVID-19. On December 4, the Ohio Department of Health released guidance modified to meet the specific needs of our state and considerations for local circumstances and resources.

Effective December 5, the Clark County Combined Health District (CCCHD) has begun following ODH's recommended options for quarantine, which are attached to this health alert. **CDC, ODH, and CCCHD continue to recommend a quarantine period of 14 days**, as this is the optimal duration to minimize risk of disease transmission. However, based on an individual's situation, the following options to shorten quarantine are acceptable:

- Reduced Duration 1: Stay at home for at least **10 days** after last exposure
- Reduced Duration 2: **Negative test result** for 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.

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met.

CCCHD will not monitor which duration option is selected by the quarantined individual. Those under quarantine will receive a letter from CCCHD denoting quarantine end dates for each scenario.

Resources:

- CDC Scientific Briefing: Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-briefing-options-to-reduce-quarantine.html>

If you are receiving this health advisory via fax, please visit the CCCHD website to view a digital copy with clickable links. In the future, if you wish receive health alerts electronically, please contact asauter@ccchd.com.

Alert Details

Date: 12/5/20

Time Sensitivity: Moderate

To: Medical offices, Urgent Cares, Clinics, Hospitals, Laboratories and ICPs

Target Audience: Physicians, PA, NP, Nurses, Medical Staff, ICP staff, and Laboratorians, Schools, Fire/EMS

From: Clark County Combined Health District

Subject: COVID-19: ODH Recommended Options for Quarantine

Relevance to Public Health: High

Coronavirus Disease 2019

Quarantine Following Possible COVID-19 Exposure

Public health recommendations for COVID-19 continue to evolve and are updated as new scientific evidence becomes available. On Dec. 2, 2020, the Centers for Disease Control and Prevention (CDC) released a [scientific brief](#) with considerations for reducing quarantine for people possibly exposed to COVID-19. The Ohio Department of Health (ODH) has modified this guidance to meet the specific needs of our state and considerations for local circumstances and resources.

Recommendations for quarantine adapted by ODH support efficient use of resources and a reduced risk of post-quarantine transmission. Healthcare facilities, in consultation with local health departments, may also consider [CDC's Strategies to Mitigate Healthcare Personnel Staffing Shortages](#).

ODH Recommended Options for Quarantine Following Possible COVID-19 Exposure

| | 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. |

Created Dec. 3, 2020.

For additional information, visit coronavirus.ohio.gov.

For answers to your COVID-19 questions, call 1-833-4-ASK-ODH (1-833-427-5634).

Your mental health is just as important as your physical health. If you or a loved one are experiencing anxiety related to the coronavirus pandemic, help is available 24 hours a day, seven days a week. Call the COVID-19 CareLine at 1-800-720-9616.