

## McLean County Health Department Update 12.9.20

December 2, 2020, the Centers for Disease Control and Prevention (CDC) released new options for local public health authorities to consider for establishing quarantine time frames for contacts of a persons with SARS-CoV-2.

The CDC continues to state that a 14-day quarantine is optimal. However, they have released additional options for reduced quarantine timeframes to decrease economic hardship, to lessen the strain on the public health system, and to increase compliance from the public. The McLean County Health Center has now received guidance from the Illinois Department of Public Health (IDPH) on implementing the shortened quarantine options. We continue to recommend the optimal 14-day quarantine timeframe, however we will be recognizing these new options, when applicable, to shorten quarantine going forward.

The following are acceptable options to shorten quarantine:

- Quarantine can end after Day 10 without testing and if **no symptoms** have been reported during daily monitoring. With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- Quarantine can end after Day 7 if a diagnostic specimen tests negative (antigen or PCR) and if **no symptoms** were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than Day 8. In other words, the earliest they could test would be on Day 6. With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

\*Due to the risk of severe illness and congregate transmission, IDPH does not recommend application of the two shortened quarantine options in congregate settings.

### **With both options the following additional criteria through Day 14 must still be met:**

- correct and consistent mask use (including within homes),
- social distancing,
- hand and cough hygiene,
- environmental cleaning and disinfection,
- avoiding crowds,
- ensuring adequate indoor ventilation,
- monitoring for symptoms of COVID-19 illness, and
- minimizing contact with persons at increased risk for severe illness, including vulnerable and congregate populations.

The IPHD is working with Salesforce, the program used by local health departments to perform contact tracing, to be able to provide letters to close contacts at the beginning of their symptom monitoring with details on when they can be released based on their date of last exposure and to provide an 'early release from quarantine' letter at the end of the shortened quarantine period.

Until the time when the letters can be produced through Salesforce the McLean County Health Department will not be able to provide an early release from quarantine letter. We will be working to provide information on the updated timeframes and how employers can implement them on our website [health.mcleancountyil.gov](http://health.mcleancountyil.gov)

Or click [here](#) to review the full details on these new options from the CDC.