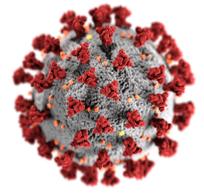




LA CROSSE COUNTY QUARANTINE RECOMMENDATIONS FOR EXPOSURE TO COVID-19



The CDC released options to reduce quarantine for contacts of persons with COVID-19 using symptoms monitoring and diagnostic testing. Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness away from other people. The new guidelines for quarantine options shorter than 14 days balance reduced burden against a small but non-zero risk of post-quarantine infection that is informed by new and emerging science.

Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of SARS-CoV-2, as the incubation period for the COVID-19 virus is 2- 14 days.

Who Needs to Quarantine?

People who have been in **close contact** with someone who has COVID-19. This excludes people who have had COVID-19 within the past 90 days.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days 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.

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

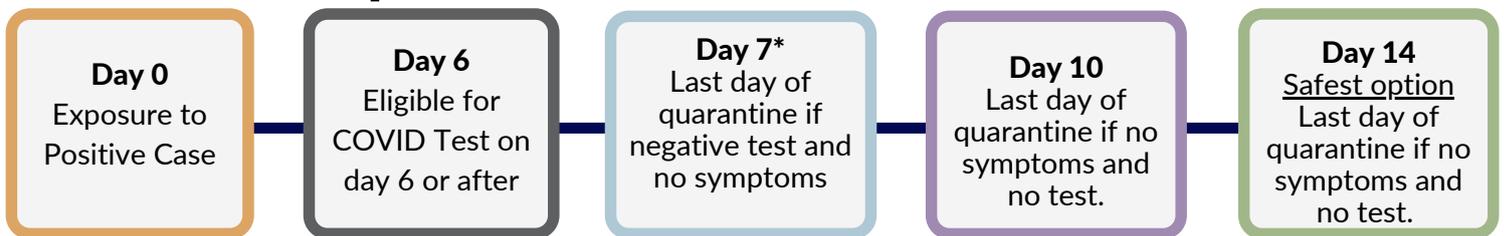
You are a close contact if any of the following situations happened while you spent time with the person with COVID-19 (even if they didn't have symptoms and were wearing a mask):

- 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 eating or drinking utensils.
- They sneezed, coughed, or somehow got respiratory droplets on you.

Household Contacts of Positive Cases

Due to ongoing exposure, household contacts that are unable 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 below. Household contacts may be quarantined for more than 7-14 days.

Quarantine Options Timeline



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

A shortened quarantine is only an option if a contact can do the following for all 14 days after a COVID-19 exposure:

- Correct and consistent mask use
- Physical distancing
- Hand and cough hygiene
- Environmental cleaning and disinfection
- Avoiding crowds
- Adequate indoor ventilation

***Individuals whose age, personal circumstance, or work/school environment will not facilitate these protections should utilize the full 14-day quarantine option.

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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 adhere strictly to all recommended non-pharmaceutical interventions, (i.e., consistent mask use, 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 monitoring. **This is the recommended time line by La Crosse County Health Department.** This is still the safest option for people who are higher risk or are in congregate settings with high populations, 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 other symptoms.
- Wear a mask around household members and disinfect common touch surfaces if sharing spaces is unavoidable.
- If possible, 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 monitoring. This means you can return to activities on day 11.

- 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 other symptoms.
- Wear a mask around household members and disinfect common touch surfaces if sharing spaces is unavoidable.
- If possible, 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 monitoring. **See testing options here.**

- 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. This means you can return to activities on day 8.
- 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 other symptoms.
- Wear a mask around household members and disinfect common touch surfaces if sharing spaces is unavoidable.
- If possible, stay away from others, especially people who are at higher risk.

Considerations

If individuals seek to end their quarantine after 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 via e-mail when tested at a WI National Guard testing site, or should be requested from the medical facility that ordered testing. Shortened quarantine duration may not be appropriate in all settings, such as high-risk, congregate settings (i.e. long-term care facilities, shelters, jails and prisons) and determined on a case by case basis.