



## New Quarantine Options for Asymptomatic People

Waukesha County Public Health is updating its quarantine guidelines to align with recommendations from the Centers for Disease Control and Prevention (CDC) and the Wisconsin Department of Health Services released in December 2020.

Research shows that people who remain asymptomatic ten days after COVID-19 exposure are at a lower risk of transmitting it to others. While these asymptomatic people may be able to safely end quarantine earlier than the previous recommendation, they could still develop symptoms or transmit the virus to others. It may take up to two weeks to develop COVID-19 symptoms, so any quarantine shorter than 14 days carries a possibility of spreading of the virus.

<b>Quarantine Basics</b>	
<p><b>Quarantine</b> separates and restricts the movement of people who were exposed to a contagious disease to monitor whether they become sick. Quarantine is intended to reduce the risk of an infected person transmitting infection to others unknowingly.</p>	
<p><b>Who needs to Quarantine?</b>            Close contacts of someone who tested positive for COVID-19. Close contact means any of the following regardless of mask use:</p> <ul style="list-style-type: none"> <li>• Direct physical contact with the person</li> <li>• Within 6 feet of the person for more than 15 minutes total in a day</li> <li>• Possibility of contact with respiratory secretions (coughs or sneezes)</li> <li>• Lives with the positive individual, or stayed overnight for at least one night in a household with shared living spaces</li> </ul>	<p><b>Who does NOT need to Quarantine?</b></p> <ul style="list-style-type: none"> <li>• Close contacts of a close contact</li> <li>• People who tested positive for COVID-19 do not need to quarantine or get tested again for up to 90 days if they do not develop symptoms provided their result was either:               <ul style="list-style-type: none"> <li>○ A Positive PCR (Molecular) test OR</li> <li>○ A positive Antigen test AND they had symptoms at the time of the test.                   <ul style="list-style-type: none"> <li>▪ People who develop symptoms within 3 months of their first bout of COVID-19 may need to be tested if there is no other cause identified for their symptoms.</li> </ul> </li> </ul> </li> </ul>
<b>14-Day Quarantine Remains the Best Option</b>	
<ul style="list-style-type: none"> <li>• A 14-day quarantine is the best option to ensure that a person exposed to COVID-19 does not transmit it into the community, even for people with no COVID-19 symptoms</li> <li>• It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms.</li> <li>• Although asymptomatic individuals are at a lower risk of spreading COVID-19 after the tenth day of exposure, the risk of transmission still exists</li> </ul>	
<b>New Guidelines for Asymptomatic People in Quarantine</b>	
<ul style="list-style-type: none"> <li>• Only people who do not have any COVID-19 symptoms are eligible to shorten their quarantine</li> <li>• Anyone who develops symptoms should immediately self-isolate and contact their healthcare provider for evaluation and to seek testing.</li> </ul>	
<b>Option to Shorten Quarantine to 10 Days</b>	
<p><b>Asymptomatic individuals who do not get a COVID-19 test should:</b></p> <ul style="list-style-type: none"> <li>• Self-quarantine for 10 full days after your last contact with a person who has COVID-19</li> <li>• Monitor an additional four days for symptoms (14 days total)</li> <li>• If possible, continue to stay away from others, especially high-risk individuals</li> </ul>	

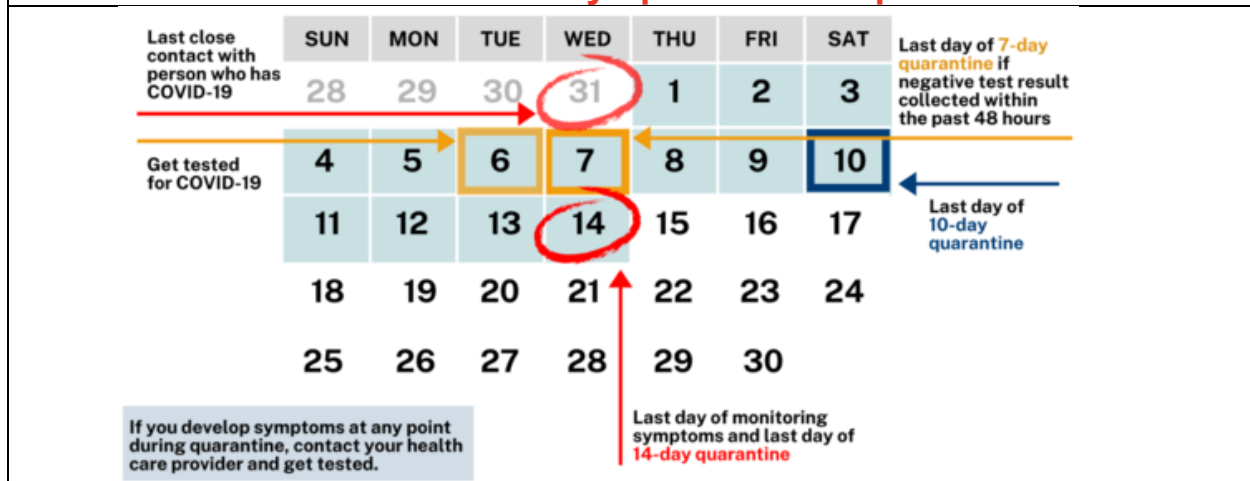
## New Guidelines for Asymptomatic People in Quarantine (Continued)

### Option to Shorten Quarantine to 7 – 10 Days

#### Asymptomatic individuals who plan to get a COVID-19 test should:

- Immediately self-quarantine when identified as a COVID-19 close contact
- On day 6 of quarantine, or later, get a diagnostic COVID-19 test (FDA approved PCR or antigen test). The test must occur no more than 48 hours prior to the end of quarantine. This means that in order for an individual to be released from quarantine after 7 days the earliest the test could occur is on day 6. The individual must remain in quarantine until the negative result is received and 7 full days have passed.
- On day 8, or later, if a negative test result is received and no symptoms are present, quarantine may end
- Monitor symptoms for an additional seven days (14 days total)
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19

### New Quarantine Timeline for Asymptomatic People\*



#### \*Timeline of Household Contacts of Positive Cases

- Household contacts that are unable to completely separate from the positive case are at greater risk due to ongoing exposure and should consider the 10 day quarantine as a safer option.
- Similar to previous quarantine guidelines, household contacts that cannot separate themselves are continuously exposed and need to stay quarantined for as long as they are exposed to someone infectious, plus the 7-10 days after they are no longer exposed. Household and Isolation Guidance is available at <https://wcwiki.waukeshacounty.gov/covid19faq>