

CDC Guidelines for Shortened Quarantine

The CDC has options for shortened quarantine, but we are still doing the longer quarantine here in WA unless directed by their health care professional/county

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

Options to reduce quarantine

CDC and other scientists have explored changing the current recommendation to quarantine for 14 days after last exposure. Reducing the length of quarantine may make it easier for people to quarantine by reducing economic hardship if they cannot work during this time. In addition, a shorter quarantine period can lessen stress on the public health system, especially when new infections are rapidly rising.

Local public health authorities make the final decisions about how long quarantine should last in the communities they serve, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.

CDC now recommends two additional options for how long quarantine should last. Based on local availability of viral testing, for people without symptoms quarantine can end:

On day 10 without testing

On day 7 after receiving a negative test result

After stopping quarantine, people should

Watch for symptoms until 14 days after exposure.

If they have symptoms, immediately self-isolate and contact their local public health authority or healthcare provider.

Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

CDC continues to endorse quarantine for 14 days and recognizes that any quarantine shorter than 14 days balances reduced burden against a small possibility of spreading the virus. CDC will continue to evaluate new information and update recommendations as needed. See Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing for guidance on options to reduce quarantine.