

## **CDC Updates Quarantine Recommendations**

The U.S. Centers for Disease Control and Prevention (CDC) released two options for shortened quarantine time-periods in certain circumstances. For those with a close contact exposure to someone with COVID-19 or anyone experiencing COVID-19 symptoms, quarantine is recommended to limit opportunities for virus transmission and protect others in our community. The CDC still endorses a 14 day quarantine as the safest and most effective way to prevent virus transmission. The goal of issuing this additional guidance by the CDC is to increase quarantine compliance and reduce stress on our public health systems and communities.

The two "acceptable alternatives" to the 14 day period are either:

- (a) 7 days for people without symptoms and who have received a negative test taken no sooner than 5 days of being exposed; or
- (b) 10 days for people without symptoms who have not been tested.

Under either alternative, people should continue to self-monitor for COVID-19 symptoms and wear an appropriate mask through day 14.

### **Further Reading:**

The CDC has a summary of when to quarantine and options to reduce quarantine [HERE](#) and a more detailed analysis [HERE](#).

The Nebraska Department of Health and Human Services (DHHS) updated its quarantine directives to match the CDC guidance [HERE](#).

However, the Douglas County, NE Health Department's "What to Do If You Have Been Exposed" quarantine guidance [HERE](#) and Workplace Contract Tracing guidance [HERE](#) have not yet been updated.

## **Contact Us**

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