

Coronavirus Disease 2019 (COVID-19): Guidance for Quarantine

Public health recommendations for COVID-19 continue to evolve and are updated as new scientific evidence becomes available. On December 2, 2020, the Centers for Disease Control and Prevention (CDC) released updated guidance for quarantine for COVID-19. The Ohio Department of Health (ODH) has adopted this guidance. Recommendations for quarantine adopted by ODH support efficient use of resources and a reduced risk of post-quarantine transmission. Healthcare facilities may follow CDC’s [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#) when staffing shortages occur.

Table. ODH Recommended Options for Quarantine

	Duration of Quarantine	Recommended Actions
<p>Optimal Duration to Minimize Risk of Transmission</p>	<ul style="list-style-type: none"> • Stay at home for 14 days* after last exposure. * A 14-day quarantine period presents the lowest risk of post-quarantine transmission. This strategy is preferred for people living in, working at, or visiting congregate living facilities, high density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible. 	<ul style="list-style-type: none"> • Maintain social distance (at least 6 feet) from others and wear a mask when around other people. • Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19) • Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
<p>Reduced Duration 1</p>	<ul style="list-style-type: none"> • Stay at home for 10 days after last exposure. 	<ul style="list-style-type: none"> • Maintain social distance (at least 6 feet) from others and wear a mask when around other people. • Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19). • Consider obtaining a viral test at the end of this period (day 8 or later) to increase certainty that the individual is not infected, but quarantine cannot be discontinued earlier than after day 10. • Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.
<p>Reduced Duration 2</p>	<ul style="list-style-type: none"> • Negative viral test result for SARS-CoV-2 from a test collected on day 5 or later after last exposure AND stay at home for at least 7 days after last exposure. 	<ul style="list-style-type: none"> • Maintain social distance (at least 6 feet) from others and wear a mask when around other people. • Self-monitor for symptoms through day 14. (Check temperature twice a day, watch for fever, cough, shortness of breath, or other symptoms of COVID-19) • Persons who develop symptoms of COVID-19 or who test positive for COVID-19 should self-isolate and follow recommendations for discontinuing isolation.