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On December 2, 2020, the Centers for Disease Control and Prevention (CDC) released new options for public health authorities to consider for establishing quarantine time frames for contacts of a persons with SARS-CoV-2. Click [here](#) to review the full details on these new options.

The CDC currently recommends a quarantine period of 14 days. However, the following options to shorten quarantine are acceptable alternatives:

- Quarantine can end **after** Day 10 without testing and if no symptoms have been reported during daily monitoring. With this strategy, residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of about 10%.
- Quarantine can end **after** Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than Day 8. In other words, the earliest they could test would be on Day 6. With this strategy, the residual post-quarantine transmission risk is estimated to be about 5% with an upper limit of about 12%.

Due to the risk of severe illness and congregate transmission, IDPH does not recommend application of the two shortened quarantine options in congregate settings.

**With both options the following additional criteria through Day 14 must be met:**

- correct and consistent mask use (including within homes),
- social distancing,
- hand and cough hygiene,
- environmental cleaning and disinfection,
- avoiding crowds,
- ensuring adequate indoor ventilation,
- monitoring for symptoms of COVID-19 illness, and
- minimizing contact with persons at increased risk for severe illness, including vulnerable and congregate populations.

Monitoring can be conducted using any method acceptable by the local public health authorities and could include self-monitoring using an approved checklist of signs and

symptoms, direct contact daily by the public health department, or automated communications via Salesforce.

For contact tracing purposes, IDPH will be making modifications to Salesforce to accommodate these changes. In the interim, local health departments may provide a letter to individuals at the beginning of the monitoring period with details on when a person can be released based on the date of last exposure. Additional materials are forthcoming. An "early release from quarantine" letter is being added to Salesforce that can be provided at the beginning of the monitoring period with details on when a person can be released based on the date of last exposure. Individuals being released from quarantine with a negative lab result are responsible for obtaining the negative result for required documentation. For those reported via ELR, negative results can be found in I-NEDSS Lab/Provider Reports by changing the filter to Potentially Reportable and entering the Last Name or DOB in the filter criteria.