

# **COVID-19 Release From Quarantine Guidance**

## **Calculating Quarantine Time**

#### **Non-Household Contacts**

Quarantine is calculated from date of last contact with case (up to 48 hours before symptom onset or test collection date).

When determining return date, the last date of exposure is considered day "0."

14 Day Option → Return Day 15 10 Day Option → Return Day 11 7 Day Option → Return Day 8

#### **Household Contacts**

Quarantine time is calculated <u>in addition to</u> the date the positive household member is released from isolation.

For example, if a positive household member is released from isolation after 10 days, the quarantine timeframe for all exposed household contacts would include those 10 days <u>plus</u> the chosen quarantine period:

- 14 Day Option = 24 Days → Return Day 25
- 10 Day Option = 20 Days → Return Day 21
- 7 Day Option = 17 Days → Return Day 18

### **Discontinuation of Quarantine**

For all quarantine options, discontinuation of quarantine can only occur if the following criteria are met:

- There is no clinical evidence of COVID-19 during daily symptom monitoring throughout the entire quarantine period, and;
- Daily symptom monitoring continues through quarantine Day 14; and,
- Individuals are counseled to adhere strictly through quarantine Day 14 to all recommended public health interventions (mask wearing, social distancing etc.), and to immediately self-isolate and contact the local public health authority or their healthcare provider should they develop any symptoms.

# **Quarantine Options** All individuals must conduct daily symptom monitoring and adhere to public health interventions (mask wearing, social distancing, etc) for full 14 Preferred days, regardless of chosen option. **Option** Individual can return the day after one of the following quarantine periods if no symptoms have been reported during daily monitoring 14 Days 10 Days 7 Days Testing Required\* \*Testing can be performed as early as Day 5, No Testing Required No Testing Required however individual must complete full 7 day quarantine regardless of test results\* Negative PCR Test Negative Antigen Test Lowest Transmission Increased Increased Increased Transmission Risk: Transmission Risk: Transmission Risk: Risk:

0.1 - 10.6%

(Median: 1.4%)

**Lowest Post Quarantine Transmission Risk** 

0.0 - 3.0%

(Median: 0.1%)

Highest Post Quarantine Transmission Risk

3.1 - 11.9%

(Median 5.5%)

2.3 - 8.6%

(Median 4.0%)

 $References: \ \underline{https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html}$ 

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