

Region 2 Medical Board Recommendations on the CDC's Updated Recommendations for Quarantine for Asymptomatic (no symptoms) Exposures

On December 2, 2020, The Centers for Disease Control and Prevention (CDC) adjusted their recommendations regarding options to reduce the days someone needs to quarantine if they have been exposed to COVID-19. The Louisiana Department of Health has also adopted this recommendation.

Although these recommendations have been modified, if you are able to, the Region 2 Medical Advisory Board recommends that you remain quarantined for 14 days as this is still the best recommendation given by the CDC.

- Quarantine may end **AFTER** 10 days without getting a COVID-19 test, only if **no symptoms have been reported with daily monitoring.**
 - Even after leaving quarantine, the person needs to continue to self-monitor for symptoms for a total of 14 days (4 additional days after leaving quarantine).
 - After day 10, the person should follow the below recommendations very closely:
 - Wearing a mask (all persons, even children in 2nd grade or younger)
 - Anytime you are outside of your home, and
 - If you are around people in your home who were not exposed to COVID-19
 - Physical distancing (at least 6 feet) from all people
 - Avoiding crowded indoor and outdoor places
 - Washing your hands often
- When a person can have access to a COVID-19 test they may end their quarantine **AFTER** day 7 if the test is negative, **and** the person has no symptoms at any point during their daily monitoring during their quarantine period.
 - However, we recommend that testing be done with a **molecular or PCR test**, not a rapid antigen test; and testing should be done no sooner than 48 hours (on day 5, 6, or 7 of their quarantine) before leaving their quarantine.
 - A person **SHOULD NOT** leave their quarantine before day 7.
 - Even after leaving quarantine, the person needs to continue to self-monitor for symptoms for a total of 14 days (7 additional days after leaving quarantine).
 - After day 7, the person should follow the below recommendations very closely:
 - Wearing a mask (all persons, even children in 2nd grade or younger)
 - Anytime you are outside of your home, and
 - If you are around people in your home who were not exposed to COVID-19
 - Physical distancing (at least 6 feet) from all people
 - Avoiding crowded indoor and outdoor places
 - Washing your hands often

The Region 2 Medical Advisory Board strongly recommends following **at least** the 10 day guideline. Most importantly, we continue to recommend:

- All people should always wear a face covering when they are around people outside of their immediate household (people you live with) or in public to reduce the spread of COVID-19
- Maintain physical distancing of 6 feet or more
- Wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol **BEFORE** and **AFTER**:
 - Touching your eyes, nose, or mouth
 - Touching your mask
 - Entering and leaving a public place
 - Touching an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens
- Avoid crowded places, avoid non-essential indoor spaces and crowded outdoor spaces, and postpone any unnecessary travel.

Quarantine is when someone separates themselves from others to avoid spreading a disease. When a person quarantines they should:

- stay at home;
- separate themselves from others who they live with;
- monitor their health by checking their temperature and other symptoms;
- and follow directions from their doctor as well as members of the state health department.

Since the pandemic began in early March, the CDC has recommended that anyone in close contact with someone who has tested positive for COVID-19, should quarantine for 14 days. An exposure or **close contact** is when:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

During the time of quarantine, a person who has been in close contact to someone who has tested positive for COVID-19 should do the following:

- Monitor for **symptoms** which include:
 - Checking your temperature at least twice daily for a fever (**100.4°F or higher**)
 - Monitor for any other symptoms consistent with COVID infection
 - Symptoms include:
 - Cough, shortness of breath
 - Congestion
 - Body aches
 - Headache
 - Diarrhea
 - Loss of taste or smell
- Seek medical care for testing and/or treatment if symptoms **start** or **continue**
- While in quarantine, you should stay away from others, use a separate bathroom if possible and if you need to be around people in your home who were not exposed always wear a mask.

For more information you can visit:

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

Louisiana Department of Health: <https://ldh.la.gov/index.cfm/newsroom/detail/5905>