

December 9, 2020

Health Update

COVID-19 Guidance Update

As of December 2, 2020, Centers for Disease Control and Prevention (CDC) updated their COVID-19 guidance to include options to reduce quarantine length for individuals who have been in contact with someone confirmed to have COVID-19. Consequently, Utah Department of Health has adopted and implemented this shortened quarantine guidance. While these alternatives are not the very best way to protect people from the virus, they balance reducing the burden on individuals and families against a small possibility of spreading the virus. You can learn more about why this change is being made at <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>. In place of a traditional 14-day quarantine following the last exposure to a positive case, the quarantine modifications are as follows:

- Quarantine can end after Day 10 without testing if no symptoms have been experienced
- Quarantine can end after Day 7 with a negative PCR or antigen test and if no symptoms have been experienced.
 - Individuals who choose to pursue this option must wait at least 7 days after their exposure to be tested and remain in quarantine while awaiting results.
 - This option is not available for those living with someone who has tested positive for COVID-19 or for those living or working in congregate living settings such as correctional facilities or group homes.
 - Those associated with long term care facilities must quarantine for 14 days from their last exposure.
- All contacts should continue monitoring for symptoms through day 14 from their last exposure.

Additionally, it should be noted that public health officials dictate the beginning and end of quarantine and isolation based on a combination of test results and symptoms. We also recommend testing for all symptomatic individuals, even if clinical presentation indicates a COVID infection. In an effort to share a unified message, we ask that you communicate the following to your patients:

- Anyone with symptoms of illness or an exposure to a confirmed case should stay home and get tested for COVID.
- Individuals with pending test results should stay home while awaiting results.
- If the results are positive, the individual must isolate for a minimum of 10 days from symptom onset. If the individual is asymptomatic, the individual must isolate for a minimum of 10 days from the date of the positive test.

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- If the results are negative, the individual should be encouraged to stay home if symptomatic.
- If an individual has had an exposure to a positive case, a negative test does not release them from quarantine unless the criteria specified above is met.

Thank you for your partnership and help with these matters. If you have questions, please contact us at 801-525-5200.

Best Regards,

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