

The CDC has issued new guidance for quarantines that will apply to all settings, including schools and long term care facilities. Anyone who is currently in quarantine can implement either of these options immediately. The new guidance is as follows:

- *Option 1: Quarantine can end after 10 days from last exposure without testing as long as no symptoms have developed. The person needs to continue to monitor for symptoms through Day 14. If symptoms develop, the person needs to contact their healthcare provider to determine the best course of action.*
- *Option 2: Quarantine can end 7 days after last exposure if there is a negative test that was completed on or after Day 5 and no symptoms have developed. The person needs to continue to monitor for symptoms through Day 14. If symptoms develop, the person needs to contact their healthcare provider to determine the best course of action. Testing is available through medical providers and Testlowa.*

When looking at quarantine for a household situation, quarantine for the members of the household who have not tested positive is determined using the date of last contact with the infected person. The date of last contact is the last date the infected person is considered contagious, which would be day 10. Day 10 for the infected person is day zero for the other members of the household who have not tested positive. For people living in the home who have not tested positive, this restarts every time an additional person within the home tests positive.

- *Scenario for Option 1:*
 - *Person A tests positive on 11-15. Person A does not have any symptoms so you calculate their infectious/isolation period using their test date. 11-15 is day zero; isolation 11-16 through 11-25; 11-26 release to return to regular activities.*
 - *For the other people living with Person A, quarantine begins immediately and is then calculated using the date of last contact with the infectious person. Date of last contact with Person A is 11-25 (day zero); quarantine 11-26 through 12-5; release to return to regular activities on 12-6.*
- *Scenario for Option 2:*
 - *Person A tests positive on 11-15. Person A does not have any symptoms so you calculate their infectious/isolation period using their test date. 11-15 is day zero; isolation 11-16 through 11-25; 11-26 release to return to regular activities.*
 - *For the other people living with Person A, quarantine begins immediately and is then calculated using the date of last contact with the infectious person. Date of last contact with Person A is 11-25 (day zero); quarantine 11-26 through 12-2 with a negative test that was completed on or after 11-30; release to return to regular activities 12-3 (must have negative test results prior to releasing from quarantine).*