

FOR IMMEDIATE RELEASE

**December 9, 2020**

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### **Updated COVID-19 Close Contact Guidance for Quarantine**

Per CDC and Ohio Department of Health (ODH) recommendations, Defiance County Health Department has adopted the following updated quarantine guidance:

#### **Quarantined individuals (close contacts) exposed to a person who tested positive for COVID-19**

- Quarantine may end 10 days after contact with the COVID-19 case without testing if no symptoms have developed during daily monitoring.
- Persons released by the health department from quarantine on day 10 should continue to monitor symptoms until 14 days after exposure and follow COVID-19 safety measures to prevent the spread of COVID-19.
- If symptoms develop, individuals should immediately self-isolate and contact their healthcare provider for testing.
- Defiance County Health department does not accept the option of a 7-day quarantine following a negative test because shorter quarantine times increase risk of virus spread and would mean using testing resources that are already strained.

Quarantining is an effective, scientifically proven method to control of spread of COVID-19 in our community. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from Defiance County Health Department or their medical provider.

For the more information on the updated guidance from the CDC, visit the following links.

General public guidance: <https://bit.ly/37yDLKk>

Medical provider information: <https://bit.ly/3lQar7r>

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