



Pettis County

HEALTH CENTER

Quarantine Guidance

December 7, 2020

The CDC has released newly modified guidance regarding quarantine following exposure to a positive case of COVID-19. The guidance provides a range of possible options for a community based upon the level of transmission and positivity percentage. As a reminder, Pettis County remains an Extreme Risk County as defined by the Public Health Warning as released by the Missouri Department of Health and Senior Services. The text of the Public Health Warning may be found at

<https://health.mo.gov/living/healthcondiseases/communicable/novel-coronavirus/pdf/advisory-20201119.pdf>

Based on the data within Pettis County, the following guidance is provided:

1. Fourteen (14) days of quarantine remains the standard for Pettis County. As our county risk level improves from 1 to 3 or better, the guidance will again be reviewed and adjusted accordingly. The 14 day quarantine is required for those individuals who work in long term care and other places where there is a high risk population.
2. For those individuals who are completely ASYMPTOMATIC (no cough, fever, chills, sore throat, shortness of breath or difficulty breathing, headache, muscle aches, fatigue, nasal congestion, runny nose, loss or change of taste/smell, nausea, vomiting, diarrhea) and absolutely can not maintain the 14 day quarantine, may release from quarantine after 10 days from the last day of contact. Everyone must continue to monitor for symptoms, return to quarantine and be tested if symptoms appear. Anyone following this guidance must follow all of the preventative health measures including wearing a mask and avoiding close contact. Employers and schools may choose to remain with the 14 day quarantine period.
3. The seven (7) day quarantine with test out is not appropriate for Pettis County due to the high level of community transmission. Although our county has had good access to testing, the testing facilities do not have the supplies or personnel for a major increase in testing for people to be released from quarantine. The Health Center does not have the ability to provide negative results. Anyone who may follow this method, may not be tested sooner than 5 days after exposure, must wait until the test result is received and must continue to monitor for symptoms for an additional 7 days. Again, this only applies to those individuals who are completely ASYMPTOMATIC.
4. This guidance does not apply to persons currently in quarantine. The new guidance starts with people who were exposed after December 4, 2020.

5. Transmission in families remains high. The positive family member must remain separate from other family members or wear a mask when distance can not be maintained. Quarantine begins on the last day of exposure, not the test date of the positive case.

6. THERE IS NO CHANGE FOR THOSE WHO TEST POSITIVE. Ten (10) days of isolation from onset of symptoms or test date is still required for those who have tested positive.

We understand that quarantine is very disruptive for everyone. Changing the quarantine guidelines increases the risk of increased transmission in a community. In the experience of Pettis County Health Center, people have shown symptoms 11, 12 and 13 days after exposure. This means they were able to spread the disease starting 9 days after exposure.

The revised guidelines are a compromise to reduce the burden of quarantine while still providing as much protection as possible for the community. Everyone practicing the guidelines stated by federal and state officials as well as local public health to wear a mask, wash your hands, stay home if you are ill, stay at least 6 feet away from others and avoid groups/social gatherings will decrease the risk from relaxing the COVID-19 quarantine requirements.

A link to the CDC guidance on quarantine modification can be found here <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>.