

## Health Advisory: updated COVID- 19 quarantine guidelines December 15, 2020

In accordance with Center for Disease Control and Prevention and California Department of Public Health, Sacramento County Public Health has updated COVID-19 quarantine guidelines.

1. All asymptomatic close contacts (less than 6 feet for at least 15 minutes) may discontinue quarantine after Day 10 from the date of last exposure without testing.
2. Exposed asymptomatic health care, emergency response, and social services workers who work in the child welfare system or congregate residential setting may return to work during staffing shortages after Day 7 from the date of last exposure with a PCR test performed after Day 5 and a negative results.
3. All contacts released from quarantine before Day 14 must self-monitor for COVID-19 symptoms through Day 14 and if symptoms occur, immediately self-isolate, contact healthcare provider, seek testing, and report to Sacramento County Public Health (SCPH) at 916-875-5881.
4. All contacts must use surgical face masks at all times during work and continue to use face coverings when outside the home through Day 14 after last exposure.
5. Above stated options of reduced quarantine time does NOT apply to persons who are in contact with persons at high risk for severe disease or by persons who work in high risk settings such as skilled nursing facilities (SNF) and correctional institutions unless critical staffing shortages exist. In high risk settings with vulnerable population such as SNF and in prisons with high contact rates, SCPH recommends to maintain the 14 day quarantine period.
6. In immunocompromised individuals, continue quarantine for 14 days as per existing recommendations.

Note – It is essential to wear a mask in all options because viral transmission substantially reduces secondary transmission risk although a quarantine period is shorter.

Additional resources:

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Sincerely,



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