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## NCW Regional Quarantine for COVID-19

Adopted from CDC/WA DOH Guidelines<sup>1,2</sup>

Updated December 14, 2020

The decision on when to end quarantine for close contacts of confirmed cases is a complex issue. CDC and Washington State Department of Health have both recently received a lot of media attention for their announcement that quarantine may be shortened for some close contacts. However, it has been reported less that both still recommend a quarantine period of 14 days.<sup>1,2</sup> In addition, “public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine.”<sup>1</sup>

As of this date, based upon best available evidence, the Health Officers of Chelan, Douglas, Grant, Kittitas, and Okanogan counties support the following approach:

In light of the critically elevated incidence of COVID-19 in our counties, and the critical shortage of hospital acute care capacity, we cannot endorse the recent CDC guidance for shorter quarantines. Please continue to recommend that all close contacts be tested as soon as practical, and if negative, that they quarantine for 14 days after exposure.

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<sup>1</sup> <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

<sup>2</sup> <https://www.doh.wa.gov/Newsroom/Articles/ID/2488/Washington-state-adopting-CDCs-new-quarantine-guidelines>