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Public Health
Prevent. Promote. Protect.

Howell County Health Department Quarantine Guidance 2021

The CDC and the American Academy of Pediatrics (AAP) updated guidelines in July 2021 to provide a framework of mitigation measures that if utilized would allow schools to function normally with in-person instruction. These measures are data-driven and based on local community transmission. **All guidance is subject to change.** School systems are strongly encouraged to utilize the guidance provided by the CDC and AAP, as well as the Missouri School Reopening & Operating Guidance document at <https://dese.mo.gov/media/pdf/covid-mo-k-12-school-guidance> for determining the mitigation strategies to be implemented within their district. The purpose of this document is to provide the community including school districts with basic guidance on quarantines and quarantine-related issues.

Definition of a close contact

A close contact is any person who lives in the same household as a person who tested positive for COVID-19 OR someone who has been within 6 feet of a person who has COVID-19 for a total of 15 minutes or more throughout the course of a day (24 hours).

Exception: In the K-12 indoor setting, the close contact definition excludes students who were within 3 to 6 feet of an infected student if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.

Close contacts should stay home from all activities during their quarantine period. Students and staff who are fully vaccinated or have had a positive COVID-19 test within the last 90 days do not need to quarantine but should monitor symptoms for 14 days.

Who needs to quarantine?

People with the following types of exposures should quarantine if they have not completed COVID-19 vaccination before the exposure occurred:

- People who were within 6 feet of someone contagious with COVID-19 for 15 minutes or more over the course of a day (24 hours). **See exception in box above.**
- People who live in the same household as someone with COVID-19.
- People who had direct physical contact (e.g., kissing, hugging, other types of physical contact) with a person who is sick with COVID-19.
- People who provide care for a person who is sick with COVID-19 at home.
- People with direct exposure to respiratory droplets from a person contagious with COVID-19.

Who does not quarantine?

If someone has completed COVID-19 vaccination (two doses in a two-dose series or one dose in one-dose series) and is exposed, they do not need quarantine if **BOTH** of the following are true:

- The COVID-19 exposure was at least 14 days after their vaccination series was fully completed.
- They currently have no symptoms of COVID-19

If someone has recovered from COVID-19 in the past 90 days and is exposed again, they do not need to quarantine if **ALL** of the following are true:

- Their illness was laboratory confirmed within the past 90 days.
- They have fully recovered.
- They do not currently have symptoms of COVID-19.

How long to quarantine?

A 14-day quarantine period is recommended in any of the following situations:

- The person lives in the same household and is a contact to someone with COVID-19.
 - **The quarantine period will continue for 14 days past the isolation period of the person with COVID-19; unless the household contact develops symptoms of COVID-19** (usually 10 days from the day their symptoms started, or if they didn't have symptoms, 10 days from the day they got tested).
 - If multiple people in the home have COVID-19, the 14 days **continues** after the last person has completed their isolation. This may mean that other household members will need to quarantine for 24 days or more.
- The person lives or works in a congregate living situation, including a long-term care facility, correctional facility, homeless shelter, or another setting where people cannot quarantine individually and where they can expose multiple people, including those at high risk of severe disease.
- The person works in a health care setting.

Please note guidance is not universal. Some workplaces and settings may have different quarantine requirements.

A 10-day quarantine may be considered if **ALL** of the following are true:

- The person has NOT had symptoms of COVID-19 during the quarantine period.
- The person does NOT live with someone with COVID-19.
- The person does NOT live or work in a high-risk setting, including a long-term care or assisted living facility, correctional facility, shelter, or other congregate living facility.
- The person does NOT work in a health care facility.
- The person had a defined exposure, meaning a known exposure with a beginning and an end. Examples could be someone who is exposed:
 - At school or sporting activity
 - During a shift at work or while on break.
 - At a social gathering or event, like a party or funeral.

Symptoms can develop as late as 14 days after exposure. So, continue to monitor and practice prevention measures such as masking, distancing and handwashing.

Determining date that quarantine ends

- A 14-day quarantine means the person can resume activities on day 15.
- A 10-day quarantine means the person can resume activities on day 11.