

## Outline of Changes to Directed Health Measures

All Changes Below Are Statewide and Effective at 5:00 pm on Thursday, December 3, 2020

Options to discontinue quarantine:

- Quarantine may discontinue **without testing** under the following conditions:
  - At least ten (10) days have passed since close contact exposure **AND**
  - No COVID-19 symptoms have developed and the person self-monitors for COVID-19 symptoms and wears a facial covering through day 14 since last close contact.
- Quarantine may discontinue **with testing** under the following conditions:
  - At least seven (7) days have passed since close contact exposure, no COVID-19 symptoms have developed **AND**
  - Results of a diagnostic specimen test (molecular and antigen) is negative that was collected no earlier than five (5) days since last close contact exposure **AND**
  - The person self-monitors for COVID-19 symptoms and wears a facial covering through day 14 since last close contact.

For more information visit [COVID.lincoln.ne.gov](https://COVID.lincoln.ne.gov) or call the Lincoln-Lancaster County Health Department at 402-441-8053.

## Options to Discontinue Quarantine Frequently Asked Questions

**Q: What if I am in quarantine and start to show COVID-19 symptoms?**

You should get a test and isolate until you have your test results.

**Q: What are the symptoms of COVID-19?**

Monitor daily for symptom development, which can include a fever (of 100.4 F or above) or chills, cough, shortness of breath or difficulty breathing, tiredness, muscle aches, headaches, loss of taste or smell, sore throat, runny nose, nausea or vomiting, and diarrhea.



**Q: What if I am unable to get a test?**

If you cannot get tested, you must isolate for 10 days from onset of symptoms **and** until you have been fever-free without fever reducing medicine for 1 full day **and** your symptoms have improved.

**Q: I thought you couldn't test out of quarantine, why is that now an option?**

On December 2, 2020, the Centers for Disease Control and Prevention (CDC) released information on new research offering a better understanding of when transmission of COVID-19 is most likely to occur. An individual who had been in close contact with a COVID-19 positive case can get tested on day 5 or after. If no symptoms have developed, and if a negative result is received the individual can discontinue quarantine **after** day 7 since last close contact with a COVID-19 positive individual. CDC requires daily self-monitoring for development of COVID-19 symptoms and masking until **after** day 14 since last close contact exposure with a COVID-19 positive individual. *It is important that the test specimen is collected no earlier than day 5 to provide a more accurate representation of infection.* Based on this new evidence from CDC, the change in policy was made for this to be an available option to discontinue quarantine.

**Q: Why is there also an option to end quarantine after day 10?**

On December 2, 2020, the CDC released information on new research offering a better understanding of when transmission of COVID-19 is most likely to occur. If an individual does not complete a diagnostic test and no COVID-19 symptoms had developed, **after** day 10 since last close contact with a COVID-19 positive individual quarantine may be discontinued. CDC requires daily self-monitoring for development of COVID-19 symptoms and masking until **after** day 14 since last close contact exposure with a COVID-19 positive individual. Based on this new evidence from CDC, the change in policy was made for this to be an available option to discontinue quarantine.

**Q: I thought you had to quarantine for 14 days, why is there now a 7 day or 10 day option?**

On December 2, 2020, the CDC released information on new research offering a better understanding of when transmission of COVID-19 is most likely to occur. Per the CDC, they are *“currently recommending a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.”* Depending on if the individual seeks diagnostic testing or not determines the timing of when an individual can discontinue quarantine.

**Q: What is a “diagnostic test”?**

PCR tests and Antigen tests (nasal or oral specimen) are acceptable tests. However, the Lincoln-Lancaster County Health Department strongly recommends using a PCR test. Antibody test (blood specimen) results cannot be used as a rationale for ending quarantine.

**Q: What if I'm not showing symptoms, but I receive a positive test result?**

If you receive a positive test result, you need to isolate for ten (10) days.

**Q: What is self-monitoring for symptom development? How do I do that?**

Monitor daily for symptom development, which can include a fever (of 100.4 F or above) or chills, cough, shortness of breath or difficulty breathing, tiredness, muscle aches, headaches, loss of taste or smell, sore throat, runny nose, nausea or vomiting, and diarrhea.

**Q: Where can I get a "diagnostic test"?**

There are a variety of options in the community or by contacting your health care provider. However, you can easily begin the testing process with a free online risk assessment available at [TestNebraska.com](http://TestNebraska.com), [BryanHealth.com](http://BryanHealth.com), or [CHIHealth.com](http://CHIHealth.com).

**Q: I am currently in quarantine under the previous DHM. What should I do?**

You can follow this new guidance. The Lincoln-Lancaster County Health Department will not be issuing change or return to work letters.

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