

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 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, BryanHealth.com, or 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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