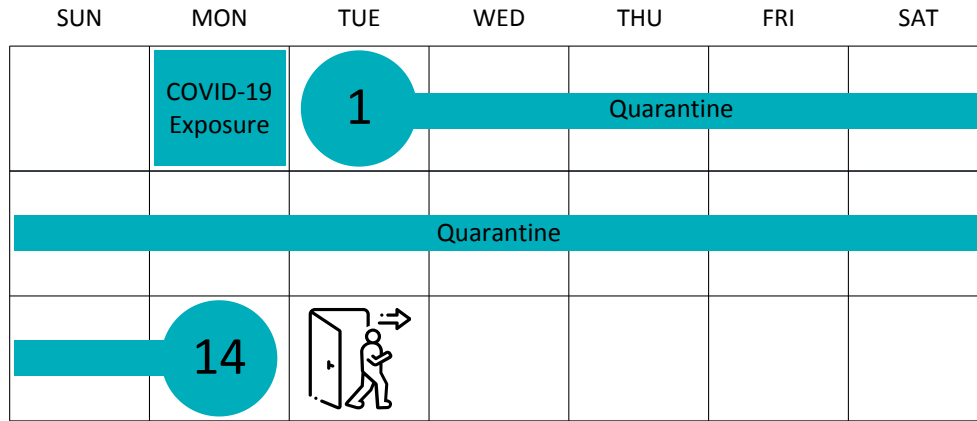


# Updated CDC COVID-19 Quarantine Guidelines

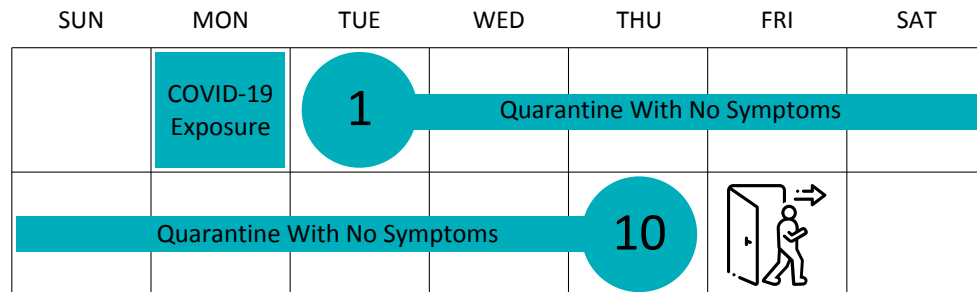


Both DCPH and CDC still recommend a 14 day quarantine for most situations, with date of exposure being day 0.

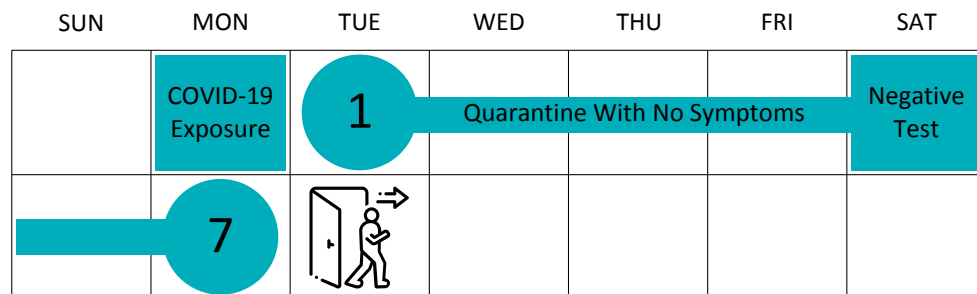


However, quarantine can be shortened in the following situations:

- 10 days of quarantine when no symptoms were ever present (asymptomatic)



- 7 days of quarantine when no symptoms were ever present and the person tests negative from a diagnostic specimen collected on day 5 - 7



Daily symptom monitoring must continue through quarantine Day 14 along with correct and consistent mask use, social distancing, hand and cough hygiene, environmental cleaning and disinfection and avoiding crowds. If symptoms arise, immediately quarantine and seek testing.