Protocols and Policies for Responding to COVID-19 Scenarios
Town of Dalton

Proposed to replace previously adopted policies rev12/15/2020

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Introduction

This document provides guidance, information and protocols using various guidance from the MA DPH, the CDC, and locally written policies and formats from the Towns of Norfolk and Dalton.

This document will answer the following questions:
- What should the Town do if there is a symptomatic individual who works at a Town facility?
- What should the Town do if an employee tests positive for COVID-19?
- Who should get tested for COVID-19 and when?
- In what circumstances would someone need to quarantine (when they might have been exposed) or isolate (when they are infected)?
- When can employees return to work after being symptomatic, testing COVID positive or after being a close contact with a COVID-19 positive individual?

Use of Leave for COVID-19 Related Reasons: Family First Coronavirus Response Act

The Town of Dalton is subject to the Families First Coronavirus Response Act (FFCRA) through December 31, 2020, which provided up to two weeks of paid sick leave (up to 80 hours) for employees who are unable to work because they are isolated or quarantined. It also calls for paid sick leave for employees, at a 2/3 rate, for employees unable to work due to a bona fide need to care for an individual subject to quarantine or to care for a child whose school or child care provider is closed or unavailable for reasons related to COVID-19. An additional 10 weeks of paid expanded family medical leave, at 2/3 of the employees regular rate of pay, for employees unable to continue to work because their school or child care provider is closed.

At the time of this policy adoption, it remains unknown if the FFCRA will be extended or if there will be anything to replace it. Employees of the Town of Dalton will be eligible to use both FFCRA or replacement policy as well as accrued sick time, as eligible by law, upon approval by the Town Manager. This supersedes the Town's current family sick time policy for COVID-19 related illness.

Creating a Safe Work Environment

A safe Town work environment requires a culture of health and safety every step of the way, specifically, a combination of strategies is needed**.** It is not one mitigation strategy but a combination of many strategies used together that will substantially reduce the risk of transmission. No single strategy can be perfect, but all strategies working together will reduce risk and hopefully prevent infection.
- **We must all be monitoring our symptoms daily.** Everyone must do their part to protect each other by monitoring themselves for COVID-19 symptoms daily and to stay or go home if they are exhibiting any COVID-19 symptoms.
- **Proper use of masks and face covering is key.**
    - When wearing a face mask, it must include covering over the nose, mouth and chin.
    - In a shared office, employees must wear a face mask when not "alone" in their own workspace.
    - All employees must wear a face mask when not in their own office/workspace.
    - Employees must wear a face mask when interacting with the public.
    - Masks must be worn whenever in a public place, including outside. (Example: to and from car)
- **Hand hygiene is critical**. Employees are required to exercise hand hygiene (handwashing or sanitizing) upon arrival at work, before eating, and before and after putting-on and taking-off masks. Handwashing with soap and water for at least 20 seconds is the best practice. However, hand sanitizer containing at least 60% alcohol can be substituted when handwashing is not available and hands are not visibly dirty or greasy. Hand sanitizer stations are set up in common areas, hallways and in each office.
- **Physical distance greatly reduces the risk of transmission**. The Centers for Disease Control and Prevention (CDC) and the Massachusetts Department of Public Health (DPH) recommend a minimum of 6 feet of distance between individuals. Staying more than 6' away from others at all times also helps

maintain the continuity of operations by reducing the number of close contacts that would have to quarantine if there is a positive COVID-19 case in the workplace.

Workers who are particularly vulnerable to COVID-19 due to age or underlying conditions are encouraged to work from home as often as possible as an employee's job function and supervisor allows.

Monitoring for COVID Symptoms

Our collective health relies, in part, on individual attention and responsibility. Go home or stay home and remain isolated if any of the COVID-19 symptoms are present. Stay home until you receive a negative PCR or antigen test or 10 days of isolation have passed and you are symptom free. Note that many symptoms of COVID-19 present the same as the flu or a cold. Please assume that any symptoms are COVID-19 until you receive a negative test or are diagnosed with an alternate condition. When in doubt, stay home, isolate yourself and get tested.

Common Symptoms of COVID-19
- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Tools to assist with the monitoring of symptoms that will be provided to each office area include a no-touch thermometer and Symptom Self-Monitoring checklists.

When to Seek Assistance
While isolating at home is an important strategy for limiting COVID-19 exposure to others, you should seek medical assistance if you experience severe symptoms, including:
- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement
- If monitoring with a pulse oximeter, if your blood oxygen saturation falls below 95 for a period of time.

It is important to tell your doctor, dispatch operator or hospital that you are in isolation for COVID-19, are in quarantine or are having symptoms so that they can properly prepare for your arrival.

Return to Work Policy After having COVID-19 Symptoms

If an employee has COVID-19-like symptoms, they should stay home or go home immediately. They may return to work after they have received a negative test (PCR or Antigen) for COVID-19 and symptoms have subsided. If the individual is symptomatic, there is no waiting time to be tested. If the employee test is negative, they will make their own decision if to whether they are well enough to return to work, although proof of a negative test will be required prior to their return. If a health care provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to work based on the physician recommendations for the alternative diagnosis (e.g., influenza, strep, allergies, etc.).

Return to Work Policy for COVID-19 Positive Employees
Employees must isolate when they have tested positive for COVID-19.

Self-isolation for a COVID-19 positive individual is a minimum of 10 days
Positive COVID-19 cases are required to self-isolate for a minimum of 10-days. They can resume with work or other activities <u>on Day 11</u> or after when all of the following have been met:

For Symptomatic Employees:
a) at least 24 hours have passed since recovery, defined as resolution of fever without the use of fever-reducing medications; <u>and</u>
b) they have experienced improvement in other symptoms (example, their cough improved), <u>and</u>
c) at least 10 days have passed since their symptoms first appeared.

For Asymptomatic Employees
A minimum of 10 days have passed since the first positive COVID-19 diagnosis test was taken, assuming symptoms did not subsequently develop.

Note that for both symptomatic and asymptomatic COVID-19 individuals, repeat testing prior to return to work is <u>not</u> recommended.

How to identify a "Close Contact" of a Positive COVID-19 Case
Definition of a close contact
For general guidance, the CDC defines close contact as someone who was within 6 feet of an infected person for at least 15 minutes starting from 2 days before illness onset (or, for asymptomatic clients, 2 days prior to positive specimen collection) until the time the patient is isolated. Close contact can also mean someone who lives with a positive COVID-19 patient or who has had direct exposure to bodily fluids (ex: been sneezed on).

What is <u>not</u> considered a close contact
The following would NOT be considered **close contacts** nor would they be required to quarantine:
- People the employee was in contact with before the infectious period (example, 3-days before symptoms;
- People who were around the sick employee for less than 15 min over a course of 24 hours;
- People who were more than 6 feet away from the sick employee, regardless of the time;
- People who are contacts of **close contacts** of a positive case in quarantine (example: A parent of a close contact does not need to quarantine).

Length of Quarantine Policy for Close Contacts of a Positive COVID-19 Case
There are three options for length of strict quarantine for employees as of 12/6/2020.

OPTIONS	CRITERIA	ACTIVE MONITORING
7 days of strict quarantine	Release on **Day 8** after last exposure IF: • A PCR or antigen* test taken on Day 5 or later is negative; **AND** • The individual has not experienced any symptoms up to that point; **AND** • The individual conducts active monitoring of symptoms through Day 14	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.
10 days of strict quarantine	Release on **Day 11** after last exposure IF: • The individual has not experienced any symptoms up to that point; **AND**	

	The individual conducts active monitoring through Day 14. No test is necessary under this option	
14 days of strict quarantine	Release on Day 15 after last exposure IF: • The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR • The individual indicates they are unwilling or unable to conduct active monitoring.	No additional active monitoring required

Note: Antigen test is most accurate when used on symptomatic patients

General Employees

- Employees who are well but who have been identified as a **close contact** or live with someone with COVID-19 should notify Human Resources and Health Agent follow CDC recommended precautions, including appropriate **quarantine** and testing as directed by the local public health nurse.

- Employees should **quarantine** according to the chart above.

- **Close contacts** who have been ordered to quarantine by a local or state health official will be eligible to use both the FFCRA time and accrued sick time, as eligible by law.

- Employees who are identified as **secondary contacts,** because they were exposed or are living with a **close contact**, do not need to quarantine or miss work, however they should avoid contact with the quarantined individual, if at all possible.

- **Secondary contacts** (contacts of contacts) who need to care for dependents who are symptomatic, dependents who are close contacts and have been ordered to quarantine by a local or state health official; or a parent who is caring for their child whose school or place of care is closed (or childcare providers is unavailable) due to COVID-19 related reason will be eligible to use both FFCRA and accrued sick time, as eligible by law, upon approval by the Town Manager. This supersedes the Town's current family sick time policy for COVID-19 related illness.

Modified Quarantine Policy for First Responders or Critical Infrastructure Workers
Certain sectors may continue to work during their quarantine period to preserve critical societal functions. This is only allowed if the worker remains asymptomatic. The Dalton Police Department and other critical departments may have additional internal policies to address how this should happen.

It is important to note that the alternate quarantine guidance only applies for the time that that first responder or critical infrastructure is needed to work and they shall continue to quarantine as required when not working.

First Responders and Critical Infrastructure Employees who are close contacts must take all these Precautions at work during their Quarantine Period:

- **Illness:** If an employee becomes sick during the day, they should be sent home immediately. Surfaces in their workspace should be cleaned and disinfected and windows open for a period of time, weather permitting, to increase air exchange. Information on persons who had **close contact** with the ill employee during the time the employee had symptoms and 48 hours prior to symptoms should be compiled immediately by the employee.

- **Regular Monitoring:** As long as the employee doesn't have a temperature 100.0°F (or higher) or symptoms, they should self-monitor and report results to their supervisor.

- **Wear a Mask:** The employee shall wear a facemask at all times while in the workplace for the quarantine period.

- **Wash Hands:** The employee should wash their hand frequently throughout the day; alcohol-based hand sanitizers with at least 60% alcohol may be used when handwashing facilities are not available.

- **Social Distance:** The employee should maintain 6 feet separation and practice social distancing as work duties permit in the workplace.

- **Disinfect and clean workspaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment frequently.

TOWN OF DALTON COVID-19 POLICIES

Face Covering During Police Road Detail Policy *(Adopted 10/23/2020)*

The Baker- Polito Administration COVID-19 Order #55, the *Revised Order Required Face Coverings in Public Locations* which went into effect on November 6, 2020. The word "public locations" includes "public streets and ways" and does not contain any such exemption or exception for law enforcement personnel.

As a result, all law enforcement personnel should abide by and comply with the COVID-19 Order No. 55 and wear a mask or face covering while working details per the letter issued by Chief Jeff W. Farnsworth, President of the MA Chiefs of Police Association on 11/13/2020.

Car Pooling or Shared Car Ride Policy *(Adopted 10/23/2020)*

The following protocols shall be followed whenever there is more than one person in a car together, including employees, members of the public, people in custody, or any combination:
- The number of riders should be limited to the extent possible;
- All riders must wear face coverings or masks;
- Windows must remain open to encourage air exchange;

Time together in the car must be logged to assist with contact tracing

Recreational Travel Policy *(Adopted 10/23/2020)*

Per the COVID-19 Travel Order # 45 of Governor Baker, effective August 1, 2020, or subsequent orders all visitors entering Massachusetts, including returning residents, from a state not designated low-risk or a foreign country who cannot otherwise meet an exemption, are required to:
- Complete the Massachusetts Travel Form prior to arrival, unless you are visiting from a lower-risk state designated by the Department of Public Health on their website; AND

- Quarantine for 14-days or produce a negative COVID-19 PCR test result that has been administered 72-hours or less prior to arrival in Massachusetts or any time after arrival. *If your COVID-19 test has not been received prior to arrival, visitors and residents must quarantine until they receive a negative PCR test result (Note: As of 12/11/2020, a negative antigen test does not meet this order).*

  Exemptions: As of 11/20/20 Travelers are exempt from the requirements to fill out the Travel Form and self-quarantine or obtain a negative COVID-19 test result if their travel is limited to brief trips for purposes that the Commissioner has designated as Critical Life Activities. This allowance is limited to short, same-day trips across the border and back for the following purposes: grocery shopping, visits to pharmacies, attending appointments with licensed health care providers including medical, dental, or

mental health, visiting persons receiving treatment in hospitals or residing in congregate care settings, attendance at day care or children's camps, attending religious services and funerals or memorial services, or attending to the care needs of family members.

Employees who are traveling back to Massachusetts from another state, excluding designated lower-risk states, shall not be permitted to return to the workplace until they have complied with the most recent travel order.

Employees may work remotely, when possible, during the self-quarantine period subject to approval by their department head and Town Manager. If remote work is unavailable, or if only available part-time, the employee is required use any accrued leave available to them during such absence, including personal, vacation, personal and compensatory time. **Accrued sick time will only be made available for this use if approved in advanced by the Town Manager.**

Additionally, when requesting time off from work, employees who are traveling to other states not designated as a lower-risk state are encouraged to discuss such travel plans to their immediate supervisor. We highly encourage employees to re-consider their travel plans outside of the immediate area. After completing the 14-day self-quarantine, or receiving a negative COVID-19 PCR test result as per the Travel Orders and this policy, the employee shall submit said PCR test (when applicable) and confirmation that they are not experiencing COVID-19 symptoms to the Board of Health Agent to be cleared to return to work.
Employees who are displaying symptoms of COVID-19 are instructed to not report to work.

COVID TESTING LOCATIONS (as of 12/11/2020)
- **BMC Hotline:** 855-262-5465 8:00AM - 4:30PM Daily www.berkshirehealthsystems.org/coronavirus
- **MEDExpress**: 413 448- 5231 8:00AM – 8:00PM Daily www.medexpress.com/covid19
- **CVS Minute Clinic**: www.cvs.com/minuteclinic/clinic-locator/covid-19-testing/pittsfield-covid-257.html
- **CHP Mobile Health Van:** 413-429-2946 www.chpberkshires.org (location varies)

APPENDIX A: DOCUMENT DEFINITIONS

Term	Definition
Close Contact	Most often a household contact or a person who is within 6 feet of an individual with COVID-19 for 15 or more minutes over a 24-hour period, regardless of whether or not face coverings were worn, within 48 hours before the individual became symptomatic or tested positive. Persons in direct contact with body fluids are also considered close contacts.
COVID-19 Case	Report of person with COVID-19 and meeting confirmatory laboratory evidence, typically a positive PCR test or antigen test*
Contact Tracing	Activities that involve working with a patient who has been diagnosed with COVID-19 to identify and provide support to people (**close contacts**) who may have been infected through exposure to the patient during their **infectious period**.
Contact Elicitation Window	The timeframe when the case was likely infectious and not under **isolation.** This is the time period for which possible contacts should be elicited. This period begins 48-hours before the onset of symptoms or if asymptomatic before a positive test.
Incubation Period	Period of time between exposure to an infection and onset of symptoms or infection.
Infectious Period	The period of time when COVID-19 patient is shedding virus in quantities that can infect other people, starting 48 hours before the individual became symptomatic or tested positive with a PCR test and for 10 days starting on that date.
Isolation	The separation of a person or group of people <u>known or reasonably believed to be infected</u> with a communicable disease and potentially infectious, from those who are not infected to prevent spread of the communicable disease.
Recovery	Meaning all three of the following have occurred: (1) Resolution of fever without the use of fever-reducing medications; AND (2) Improvement in respiratory symptoms (e.g., cough, shortness of breath); AND (3) At least 10 days have passed since symptoms first appeared.
Secondary Contact (Contact of Contact)	Someone who had contact with an identified **close contact** such as family members or co-workers. There are no recommendations for quarantine, **isolation**, testing or contact tracing for secondary contacts at this time except that they need to stay away from household members who are under quarantine.
Testing Window	It is strongly recommendations are that an individual is tested if they develop symptoms. Testing for individuals under **quarantine** should occur any time they develop symptoms or on or after Day 5 to potentially allow early release from quarantine. It is recommended that testing on asymptomatic **close contacts** should not happen before Day 5 of the last exposure.
Quarantine (14- day or test out method)	The separation from others of a person or group of people that are <u>reasonably believed to have been exposed</u> to a communicable disease but not yet symptomatic to prevent the possible spread of the communicable disease. **Quarantine** may be voluntary or compelled by federal, state, or local public health order. Persons in **quarantine** should not leave their residence for any reason except to seek urgent medical care. While the initial guidance to quarantine for 14-days after exposure still stands, MA provides two options for a shortened quarantine period, including both 7-day strict quarantine and 10-day strict quarantine options for close contacts who are not symptomatic and meet specific testing guidance. Refer to chart in document for more information.

<table>
<tr><th colspan="3">APPENDIX B:
COVID-19 SYMPTOMS LOG</th></tr>
<tr><td>Fever (100.0ºF) Or Chills</td><td>Headache</td><td>Congestion/Runny Nose</td></tr>
<tr><td>Cough</td><td>Sore Throat</td><td>Nausea Or Vomiting</td></tr>
<tr><td>Shortness Of Breath Or Difficulty Breathing</td><td>Fatigue, Muscle Or Body Aches</td><td>New Loss Of Taste Or Smell</td></tr>
</table>

EMPLOYEE NAME: _____

DATE	Temp Log (Fever is 100.0 ºF or higher)	Cough	Shortness of Breath	New Lost of Taste or Smell	Other Symptom (List)	Close Contact to COVID Positive
		☐ YES ☐NO	☐YES ☐NO	☐YES ☐NO	☐YES ☐NO	☐YES ☐NO
		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO
		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐YES ☐NO
		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐YES ☐NO
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		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO
		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO
		☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO	☐YES ☐NO	☐ YES ☐NO

Quarantine is for individuals who have been exposed to someone who is COVID-19 positive but are not exhibiting any symptoms and have not tested positive.

Isolation is for individuals who have either tested positive for COVID-19 or who are exhibiting symptoms of COVID-19 (including fever, chills, muscle pain, headache, sore throat, or new loss of taste or smell) and have been told by a provider that they have, or probably have, COVID-19, even in the absence of a test.

Worker Type	*Quarantine* when…	*Isolate* when…	*End Isolation and Return to work* when…
Health Care Workers	Best practice: Quarantine at home when exposed to COVID-19 to prevent further transmission Certain sectors may continue to work during their quarantine period to preserve critical societal functions. This is only allowed if the worker remains asymptomatic All workers should wear PPE appropriate to their duties and must at least wear a cloth face covering and self-monitor for symptoms	You have tested positive for COVID-19; **OR** you have symptoms of COVID-19	Symptomatic • At least 24 hours have passed since recovery, defined as resolution of fever without the use of fever-reducing medications; and • Improvement in symptoms; and • At least 10 days have passed since symptoms first appeared[2]. Asymptomatic At least 10 days have passed since the first positive COVID-19 diagnostic test was taken, assuming symptoms did not subsequently develop[2].
First Responders			
Critical[1] Infrastructure Workers			
All Other Workers	Quarantine if you were exposed to COVID-19		

[1] CDC Guidance: https://www.cdc.gov/coronavirus/2019-ncov/community/critical-infrastructure-sectors.html
CDC List of Critical Infrastructure Workers:
https://www.cisa.gov/sites/default/files/publications/Version_3.0_CISA_Guidance_on_Essential_Critical_Infrastructure_Workers_1.pdf
[2] For patients who are immunocompromised or those with serious COVID-19 illness or requiring hospitalization should wait until 20 days since first positive test and should consult with a provider

Healthcare workers, first responders and critical infrastructure workers may work following either occupational, household or community exposures, under certain circumstances. This exception applies only to work activities; and workers are strongly discouraged from leaving their home for leisure/recreational activities.

- Household or Community Exposure: Healthcare workers, first responders and critical infrastructure workers who have a household or community exposure should be tested and have a negative result before returning to work.
- Travel: Healthcare workers, first responders and critical infrastructure workers should not be allowed to work during quarantine related to travel. Under these circumstances, employees should be required to meet the requirements set forth in the travel order.

†Critical infrastructure workers conduct a range of operations and services that are typically essential to continued critical infrastructure viability. It is best practice that anyone who is exposed to a person with suspected or confirmed COVID-19, quarantine and not leave the house during the quarantine period. However, in accordance with CDC, DPH recommends that critical infrastructure workers may be permitted to continue working while under quarantine following an occupational exposure to a person with confirmed COVID-19, **under certain circumstances and ONLY when necessary to preserve critical functions necessary to support society**.

This guidance applies only to critical infrastructure workers and who have had exposure to a person with suspected or confirmed COVID-19, but are **not experiencing symptoms** and have **not tested positive for SARS-CoV-2**. Note that the designation of an individual as a critical infrastructure worker is not applicable to other considerations, such as vaccine distribution. Separate guidance is available for healthcare personnel and first responders.

Workplaces operating under Sector-Specific Standards must still follow those standards to prevent or slow the spread of COVID-19 in the workplace.

Critical infrastructure workers who are symptomatic

All exposed individuals who develop symptoms consistent with COVID-19 should immediately separate themselves from others, inform their established point of contact at their workplace (e.g., supervisor or occupational health program), leave the workplace, and arrange for medical evaluation and testing. **Workers who have symptoms consistent with COVID-19 or who test positive for COVID-19, are required to self-isolate and may not work.**

Critical infrastructure workers who are not symptomatic

Employers, in consultation with Contact Tracing Collaborative (CTC), Local Public Health or the Department of Public Health, may consider allowing exposed but asymptomatic critical infrastructure workers to continue to work during quarantine in select instances when it is **necessary to preserve the essential functions of critical infrastructure**. **This option should be used as a last resort and only in limited circumstances.** In such instances:

- Employers are encouraged to work with public health officials in managing the continued work in a way that best protects the health of their workers and the public.

- Critical infrastructure workers may be permitted to continue work following exposure to a person with suspected or confirmed COVID-19 provided they remain asymptomatic and have not tested positive. Workers being allowed to work during quarantine must always wear a facemask or cloth face covering when at the worksite.

- Additionally, the following risk mitigation precautions should be implemented prior to and during the work shift:

- o **Pre-Screen:** Quarantined workers planning to enter the workplace must self-screen at home prior to coming onsite. They should not attempt to enter the workplace if any of the following are present: symptoms of COVID-19; temperature equal to or higher than 100.0 °F[1]; or are waiting for the results of a viral test.

- o **Screen at the workplace:** Employers should conduct an on-site symptom assessment, including temperature screening, prior to each work shift. Ideally, screening should happen before the individual enters the facility.

- o **Regularly monitor:** If the quarantined worker doesn't have a fever or other symptoms, they should self-monitor under the supervision of their employer's occupational health program or their workplace COVID-19 coordinator or team.

- Routine risk mitigation practices which should be used by all employees include:

  - o **Wear a cloth face covering:** Ensure employees wear a cloth face covering in accordance with CDC, OSHA, state and local requirements

  - o **Social Distance:** Employees should stay at least 6 feet apart from others and practice social distancing as work duties permit in the workplace.

  - o **Clean and disinfect workspaces:** Clean and disinfect all areas such as offices, bathrooms, common areas, shared equipment routinely.

  - o **Hand hygiene**

Options for Shortened Strict Quarantine Period:

COVID-19 infection may occur after an incubation period for COVID-19 of up to 14 days after exposure, however, the majority of cases have incubation periods of fewer than 10 days. Based on observational and published data, and recent modeling work conducted by the Centers for Disease Control and Prevention, if shortened quarantine periods result in increased compliance with contact tracing and adherence to quarantine recommendations, the small risk that someone may develop COVID-19 after a shortened strict quarantine period is outweighed by the expected benefit of reduced transmission from the increased cooperation.

Healthcare facilities including long-term care facilities, may have additional risks. Quarantine periods for patients, residents or staff in healthcare facilities should adhere to healthcare-specific guidance and any reductions only be instituted after careful consideration of risks.

OPTIONS	CRITERIA	ACTIVE MONITORING	RESIDUAL RISK
7 days of strict quarantine	Release on Day 8 after last exposure IF: • A test (either PCR or antigen) taken on Day 5 or later is negative; AND • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14.	Individual must actively monitor symptoms and take temperature once daily. IF even mild symptoms develop or the individual has a temperature of 100.0 F, they must immediately self-isolate, contact the public health authority overseeing their quarantine and get tested.	Approximately 5% residual risk of disease development
10 days of strict quarantine	Release on Day 11 after last exposure IF: • The individual has not experienced any symptoms up to that point; AND • The individual conducts active monitoring through Day 14. • No test is necessary under this option		Approximately 1% residual risk of disease development
14 days of strict quarantine	Release on Day 15 after last exposure IF: • The individual has experienced ANY symptoms during the quarantine period EVEN if they have a negative COVID-19 test; OR • The individual indicates they are unwilling or unable to conduct active monitoring.	No additional active monitoring required	Maximal risk reduction

More information about options to reduce quarantine time periods is available from the Centers for Disease Control and Prevention