



HEALTH DISTRICT

Portage County Combined General Health District

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Portage County Health District New Quarantine Guidance

The Ohio Department of Health (ODH) and the Centers for Disease Control and Prevention (CDC) have released alternatives for the quarantine period following exposure to COVID-19. Exposure is having close contact (being within six feet of an infected individual for a cumulative total of 15 minutes or more over a 24-hour period) to someone who is COVID-19 positive starting from 48 hours before illness onset (or for patients without symptoms, the date of their test result) until the time the patient is isolated.

Portage County Health District has reviewed these guidelines and based on the local testing availability, increased length of time for COVID-19 testing results, and the number of new COVID-19 cases per capita in Portage County, **Portage County Health District will adopt the reduced duration of a 10-day Quarantine period without any COVID-19 testing for direct contact individuals who do not have symptoms of COVID-19 except for individuals who are both at high risk for COVID-19 and live in a congregate care setting, which is defined as those living in nursing homes, assisted living facilities, group homes, and jail, will continue the 14-day Quarantine without any COVID-19 testing.**

A direct contact of someone with COVID-19 may discontinue Quarantine at the end of 10 days only if the following criteria are met:

- No COVID-19 symptoms have been noted on daily symptom monitoring during the entire Quarantine period.
- The person in Quarantine must continue to monitor their symptoms through the end of the 14th day and strictly adhere to social distancing (staying at least 6 feet from others), avoid gatherings, wear a mask, wash hands and/or use hand sanitizer often, disinfect high-touch surfaces often, and use appropriate hand and cough hygiene.
- Please note: A negative test result does not change the quarantine time frame.

If any COVID-19 symptoms develop from the onset of the Quarantine period until 14 days afterwards, immediate self-isolate and contact your healthcare provider.

During Quarantine, a person should:

- Stay away from vulnerable or high-risk individuals living in the household.
- Monitor for symptoms of COVID-19. Symptoms include cough, shortness of breath/difficulty breathing, fever ($\geq 100.4F$), chills, muscle pain, sore throat, new loss of taste or smell, nausea, diarrhea, vomiting.
- If symptoms start, Portage County Health District strongly encourages COVID-19 testing and follow-up with your primary care provider. If you have chosen to seek out testing, please continue to quarantine until the results of your test are known. Once they are confirmed, further direction from your physician or local health department will be given to you.

People diagnosed with COVID-19 who are having symptoms, as well as those who have tested positive for COVID-19 but are asymptomatic, are instructed to Isolate at home. When isolating at home, people should:

- Stay home except to get medical care.
- Monitor symptoms. Seek medical care immediately if having trouble breathing or not able to manage symptoms comfortably at home.
- Stay in a separate room from other household members and pets. Avoid contact with other members of the household and pets.
- Use a separate bathroom if possible. Wipe down surfaces after each use.
- Clean and sanitize any commonly touched surfaces such as doorknobs, remote controls, etc. often.
- Don't share personal household items such as cups, towels, utensils.
- Wear a mask when around other people living in the household.

Individuals who tested positive with COVID-19 may discontinue Isolation and resume normal activities when 10 days have passed since their first date of symptoms, they are fever-free for at least 24 hours without fever-reducing medications, AND symptoms have improved. Individuals with COVID-19 who were asymptomatic may discontinue Isolation 10 days from the date of their positive test.

Portage County Health District is requesting that persons with confirmed positive results of COVID-19 communicate directly with their own close contacts to notify them of possible exposure to COVID-19.

Information on ODH Recommended Options for Quarantine Following Possible COVID-19 Exposure can be found at <https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>.

General questions regarding COVID-19 can be addressed by the Portage County Health District at www.portagehealth.net/COVID-19 or 330-296-9919, ext. 198. Citizen complaints regarding mask compliance can be directed to the Ohio Department of Health call center at 1-833-4ASKODH (1-833-427-5634).