



Shawnee County Health Department

Shawnee County Health Department
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MEDIA RELEASE

Shawnee County Shortening Quarantine Period from 14 to 10 days

Topeka, Kan. – Based on recommendations from the Centers for Disease Control and Prevention and the Kansas Department of Health and Environment, Dr. Gianfranco Pezzino, Shawnee County Health Officer announced yesterday at the Health Departments weekly press conference the decision to reduce the duration of quarantine for most people from 14 days to 10 days, effective immediately. This decision will also apply to individuals who are currently serving a quarantine order.

It is important to note the incubation period of COVID-19 is still 14 days. Individuals who are released from quarantine at day 10 should continue to self-monitor for symptoms during days 11-14. If any symptoms should present themselves, individuals should call their primary care provider immediately and see if testing is available for them.

What can people do to protect themselves and to reduce the spread of the virus?

1. Avoid close contact with other individuals outside your household. Close contact is defined as contact within 6 feet that lasts 10 cumulative minutes or more.
2. Always wear a mask when in a public place.
3. Avoid large gatherings of people.
4. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.
5. Avoid touching your eyes, nose, and mouth with unwashed hands.
6. Clean and disinfect frequently touched objects and surfaces.

Additional information can be found from the following resource pages:

Shawnee County Health Department: <http://www.snco.us/hd/>

Kansas Department of Health and Environment: <https://www.coronavirus.kdheks.gov/>

Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

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Shawnee County Health Department is committed to working in partnership with our community to promote and protect the optimal health of all people by bridging gaps to eliminate health inequities, respecting the diversity of our community, through adaptive and innovative processes.

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