

# RELEASING CASES AND CONTACTS FROM ISOLATION AND QUARANTINE



**Public Health**  
Prevent. Promote. Protect.

Shawnee County Health Department

*\*Adapted from Kansas Department of Health and Environment*

## ISOLATION INFO FOR YOU

You must be isolated for a minimum of 10 days after symptom onset or test date if without symptoms. You can be released after being fever free and feeling well (without fever-reducing medication) for at least 72 hours, whichever is longer.

*Note: A lingering cough should not prevent you from being released from isolation.*

### Examples:

- If you start to feel well on day 2, and remain fever free and feeling well for 72 hours, you can be released from isolation after day 10.
- If you start to feel well on day 7, and remain fever free and feeling well for 72 hours, you can be released from isolation after day 10.
- If you start to feel well on day 14, and remain fever free and feeling well for 72 hours, you can be released from isolation after day 17.

Symptom onset date or test date if without symptoms (Day 0)

Minimum 10 full days

+ Fever-free and feeling well for at least 72 hours

You are released from isolation

## FOR YOUR HOUSEHOLD CONTACTS

Quarantine periods for household contacts begin once the positive case has been released from Isolation. Household contacts may be released from quarantine after one of the following criteria has been met:

- After 10 full days without testing; or
- After 7 full days with a **negative PCR test** performed on or after day 6 (must remain in quarantine until results are received)

*This means that household contacts may need to remain at home longer than the initial case.*

### Examples:

- If you required a 10-day isolation, then your household contacts that are symptom free must remain quarantined through day 20 without testing (returning to regular activities on day 21)
- OR**
- Your household contacts that are symptom free must remain quarantined through day 17 with a negative PCR test performed on or after day 16 (returning to regular activities on day 18)

Case's symptom onset date or test date if without symptoms (Day 0)

Case's last day in isolation.

7 full days with negative test (PCR)

10 full days

Household contact is released from quarantine

## FOR YOUR NON-HOUSEHOLD CONTACTS

Quarantine periods for non-household contacts begin on the date of last exposure to the positive case with no subsequent exposure. Non-household contacts may be released from quarantine after one of the following criteria has been met:

- After 10 full days without testing; or
- After 7 full days with a **negative PCR test** performed on or after day 6 (must remain in quarantine until results are received)

Date of last contact with case (Day 0)

7 full days with negative test (PCR)

10 full days

Non-household contact is released from quarantine

**PLEASE NOTE – Quarantine continues to be a critical measure to control the transmission of COVID-19. While the shortened quarantine periods are allowed in Shawnee County, please self-monitor for symptoms for the full 14 days.**

# For Your Contacts:

\*Adopted from the Kansas Department of Health and Environment

## Shortened Quarantine Guidance

Quarantine is for people who don't currently have symptoms but were exposed to the disease. KDHE continues to recommend a 14-day quarantine following exposure to COVID-19, as the incubation period for this disease is 14 days. CDC has released modified guidance allowing for shorter quarantine periods to increase better compliance with quarantine and increase people getting tested. Local Health Departments may choose to opt into this guidance. For information in your county, please contact your local health department.

**How the Shortened Time Period Works (Please check in with your local health department for specific information in your community).**

### **7 Day Quarantine (Includes Testing and No Symptoms)**

- After exposure, you monitor yourself for symptoms daily or participate in monitoring by Public Health for 7 full days.
- If you have no symptoms during this time frame, on or after Day 6, you may get a PCR test (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative, and you remain symptom-free, you can be removed from quarantine on or after Day 8.
- If Testing Results are pending, you must wait until you receive results.

### **10 Day Quarantine (No Testing and No Symptoms)**

- After exposure, you monitor yourself for symptoms daily or participate in Public Health monitoring for 10 full days.
- If you have no symptoms during the 10 days, you can be released from the quarantine without a test on Day 11.

KDHE recommends all exposed people should self-monitor for fourteen (14) days from exposure and contact healthcare provider if symptoms develop. Disease can still develop through day 14.

### **Who is Not Eligible for Shortened Quarantine:**

- Residents of long-term care and assisted living facilities
- Offender populations in Department of Corrections prisons

### **When is it preferable NOT to allow Shortened Quarantine:**

KDHE recommends that close contacts of cases infected with variants of the SARS-CoV-2 virus that are known to be more infectious observe the full 14-day quarantine.

## How long am I considered immune if I had COVID-19 disease?

Close contacts with evidence of previous infection supported by a positive PCR or antigen test may be exempt from quarantine after re-exposure as long as they remain asymptomatic. This is to be determined by the local health officer based on a possible 6-month period of presumed immunity. If an investigation was done documenting the date that symptoms resolved, or the date isolation measures were discontinued for asymptomatic patients, then the 6-month period can start from that end date. If those dates are not available, then the period will start from the date of the positive laboratory test. A serology or antibody test may not be substituted for a laboratory report of a viral diagnostic test. If the close contact becomes symptomatic, testing via an antigen test is preferred. The sample for the antigen test should be taken within the first 5 to 7 days from symptom onset (depending on the EUA for the test being used).

## How long am I considered immune if I had COVID-19 vaccine?

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine if they meet all of the following criteria:

- Are fully vaccinated (i.e.,  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine)
- Have remained asymptomatic since the current COVID-19 exposure

There is currently no time limit on how long fully vaccinated persons are considered immune. Persons who do not meet both of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19. Fully vaccinated individuals do not have to quarantine after exposure to COVID-19 as long as they remain without symptoms. It is recommended by the CDC that fully vaccinated individuals get tested via PCR or antigen test 3 to 5 days after exposure to a suspected or confirmed case of COVID-19 even if they do not have symptoms with an additional recommendation by KDHE to re-test 7-10 days after exposure. However, they do not have to isolate at home while waiting for results if they do not have symptoms. Fully vaccinated individuals that do not have symptoms do not need to quarantine but should mask while in public indoor settings for 14 days after exposure.

- Fully vaccinated individuals that are a close household contact to a suspected or confirmed case of COVID-19 should get tested 3-5 days after their initial exposure to the case while the case was infectious, and again 7-10 days after their initial exposure. A case is considered infectious two days before the onset of the first symptom. If the case is asymptomatic, go back two days from when the positive sample was taken. However, the close household contact does not have to isolate at home while waiting for results if they do not have symptoms.
- Fully vaccinated individuals that are close household contacts that do not have symptoms do not need to quarantine but should mask in public indoor settings for 14 days after their last exposure. Their last exposure is the day after when the case is no longer considered infectious.
  - Most cases are considered no longer infectious and can be released from isolation using this criteria:
    - 10 days from the onset of symptoms OR
    - 72 hours after fever is gone without the use of fever reducing medication AND there has been a significant improvement in symptoms

- WHICHEVER IS LONGER.

As an exception to the above guidance, **vaccinated inpatients and residents in healthcare settings should continue to quarantine following an exposure** to someone with suspected or confirmed COVID-19; outpatients should be cared for using appropriate transmission-based precautions. This exception is due to the unknown vaccine effectiveness in this population, the higher risk of severe disease and death, and challenges with social distancing in healthcare settings.

If the exposed person becomes symptomatic, they should be tested via PCR or antigen test. If they had natural disease recently, meaning they had COVID-19 disease in the last few months, an antigen test within the first 5 to 7 days from symptom onset (depending on the EUA for the test they are using) is preferred. Receiving the vaccine does not affect the results of a PCR or antigen test, only an antibody test.

