To: COVID-19 Pandemic Response Partners

From: Dr. Annette Bey, MD MBA FACOG, Medical Director
Guilford County Department of Health and Human Services, Public Health Division

Date: April 13, 2021

RE: Quarantine Position Statement, Updated Guilford County Division of Public Health Guidance

The Centers for Disease Control and Prevention (CDC) updated their guidelines to state that in certain cases, some people who have been exposed to COVID-19 can quarantine for less time than a 14-day quarantine period.

The CDC gave each local health department the option to adopt these new guidelines as appropriate for their community. The guidelines state that those who have been in contact with a COVID-19 positive case should still quarantine but the quarantine time period can be reduced (https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html). These new, shortened quarantine options are:

If no symptoms:
- Quarantine may end after Day 10 without testing.
- Quarantine may end after Day 7, after receiving a negative test result (test must occur on Day 5 or later).

The Guilford County Division of Public Health (GCDPH) is notifying its community partners that we have adopted the above CDC recommendations for Guilford County. Please note the items below:
- With a negative COVID-19 test, the quarantine period will now be 10-days with no additional negative second test needed.
- The quarantine period can be shortened to 7-days if a negative COVID-19 test results on Day 5 of quarantine or later.
- People who have been in close contact with someone who has COVID-19 are not required to quarantine if they have been fully vaccinated against the disease and show no symptoms. The definition of "fully vaccinated" is two weeks after the second vaccine dose has been received.

After quarantine has been completed, GCDPH advises patients to:
- Watch for symptoms until 14-days after exposure.
- If symptoms are developed, immediately self-isolate and contact their healthcare provider.
- Wear a face covering, stay at least 6 feet apart from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

To keep up with the latest in GCDPH vaccination opportunities, please go to www.healthyguilford.com. For text message updates regarding COVID-19 vaccine appointment availability, text GC19 to 888777. For Spanish, please text GC19S to 888777.