

Brown County Health & Human Services

Public Health Division

UPDATED Quarantine Guidance for Close Contacts

The below updated guidance **only applies to Close Contacts** (to persons who have not been confirmed to be COVID-19 positive, but who *have had* a known exposure to a COVID-19 positive person as described below), and **does not apply to persons confirmed to be COVID-19 positive persons**.

I. Close Contact Definition:

You are a "Close Contact" if any of the following situations happened to you while you spent time with a COVID-19 positive person, even if the person did not have symptoms at the time of your contact:

- a. You had direct physical contact with the person (for example, a hug, kiss, or handshake).
- b. You were within 6 feet of the person for a total of more than 15 minutes throughout a single day.
- c. You had contact with the person's respiratory secretions (for example, you were coughed or sneezed upon; you had contact with the person's dirty tissue; you shared a drinking glass, food, towels or other personal items with the person).
- d. You lived with the person or stayed overnight in a house with the person.

II. Close Contact Guidance:

- a. **Lowest Risk Option (14 Day Quarantine):** BCPH continues to recommend a quarantine period of 14 days for Close Contacts. While BCPH continues to recommend a quarantine period of 14 days for Close Contacts as the best option to limit the spread of COVID-19, BCPH understand that is not always possible, and BCPH finds the below Medium and High Risk Options to be acceptable alternatives.
- b. **Medium Risk Option (10 Day Quarantine):** Quarantine may end after Day 10 without testing **if** no symptoms have been reported during daily monitoring. Continued symptom monitoring and masking must continue through Day 14.
- c. **Highest Risk Option (7 Day Quarantine):** Quarantine may end after Day 7 **if** a diagnostic specimen tests negative, **and if**



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no symptoms were reported during daily monitoring. Continued symptom monitoring and masking must continue through Day 14. A specimen may be collected and tested within 48 hours before the end of Day 7, but quarantine may not be discontinued until after Day 7.

- a. A COVID-19 test should occur on day 6 or 7 for this option to work. A negative result must be received before you return to work or daily activities with this option. The earliest you could resume normal activities with this option would be on Day 8.

DISCLAIMER: The above guidance is based upon recommendations and information obtained from the Centers for Disease Control and Prevention (CDC), and from the Wisconsin Department of Health Services (DHS), but is not a substitute for medical advice from a medical professional. When health concerns arise, you should contact your primary care physician for medical advice as soon as possible.

Sources:

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Wisconsin Department of Health Services (DHS): <https://www.dhs.wisconsin.gov/covid-19/diagnosed.htm>

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