

Updated COVID-19 Guidance for Close Contacts

Based on evolving knowledge of COVID-19, CDC was able to provide alternatives that use additional information, specifically a close contact's development of symptoms and testing for COVID-19, to decrease the length of quarantine.

CDC Quarantine Guidelines:

- CDC recommends 14 days of quarantine from the day of last exposure to a person with COVID-19. The quarantine period is the length of the incubation period (or how long it may take a person to become ill with COVID-19) for COVID-19.
- **NEW:** CDC has provided two alternatives that have been adopted by SD-DOH:
 - Release from quarantine after 7 days
 - Assumes the person in quarantine:
 - Has remained asymptomatic (has no symptoms)
 - Has a negative molecular or rapid antigen test that was collected on Day 5 or later, after their last contact with a person with COVID-19 (i.e., Day 5 of their quarantine or later)
 - Continues to monitor their symptoms for the remainder of the 14-day period and will stay at home and seek testing if they become sick
 - Release from quarantine after 10 days
 - Assumes the person in quarantine:
 - Has remained asymptomatic (has no symptoms)
 - Is not tested on Day 5 or later of quarantine
 - Continues to monitor their symptoms for the remainder of the 14 day period and will stay at home and seek testing if they become sick

Definition of Close Contact: The person that has been exposed to a person positive for COVID-19 infection • Has been within 6 feet or less for 15 cumulative minutes or more (in a 24-hour period) of an infectious person OR • Was exposed to direct respiratory secretions of the infectious person (e.g., was sneezed or coughed on) • Situations that involve singing or yelling may cause people to become exposed at distances greater than 6 feet (e.g., music class, sports activities).