



To: Cabarrus County business, schools, municipalities
From: Dr. Bonnie Coyle, Public Health Director
Subject: Updated COVID-19 Quarantine Guidance
Date: December 10, 2020

This memo provides guidance to Cabarrus County businesses, schools, municipalities and community members on the use and implementation of new Centers for Disease Control and Prevention (CDC) guidance on options to reduce quarantine for individuals identified as contacts to persons with COVID-19.

Cabarrus Health Alliance, Cabarrus County's public health authority, recommends a full 14-day quarantine period for anyone who has had close contact with a known positive patient.

If a business, workplace, or organization has critically low staffing levels, two additional quarantine options can be considered per the CDC update (referenced in numbers two and three below).

Updated Quarantine Durations

1. 14 days of quarantine have been completed (recommended)
2. 10 days of quarantine have been completed **AND** no symptoms have been reported during daily monitoring
3. 7 days of quarantine have been completed **AND** no symptoms have been reported during daily monitoring **AND** a diagnostic specimen tests negative within 48 hours of the planned quarantine discontinuation (no earlier than day 5 after last contact).

If quarantine is discontinued prior to the full 14-days, individuals should continue to do the following:

- Watch for symptoms until 14 days after exposure;
- If symptoms develop, individuals should immediately self-isolate and contact the local public health authority or their healthcare provider;
- Practice the 3 W's: wear a mask or face covering, wait at least 6 feet from others, wash their hands;
- Individuals should avoid crowds, and take other steps to prevent the spread of COVID-19.

"We stand by the fact that a full 14-day quarantine period is the safest for our community given the community spread we are experiencing. We recognize that many workplaces are facing staffing challenges and these CDC updates provide an organization the opportunity to manage shorter quarantine periods," said Dr. Bonnie Coyle, CHA Health Director.

Workplaces that adopt shorter quarantine periods will need to manage that process on their own. CHA does not need to consult with or grant approval for this and further, will not assist in managing those altered timelines.

Cabarrus Health Alliance strongly supports NC Department of Health and Human Services (NCDHHS) recommendation that a full 14-day quarantine should be strongly considered in congregate living facilities that are at higher risk for secondary clusters or where residents may be at higher risk for severe illness. This includes nursing homes, residential care facilities, and correctional facilities

The CDC states they will continue to evaluate new information and update recommendations as needed. Additional information, including estimated risks of transmission for each strategy for release from quarantine, can be found at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>.