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Press Release  
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Lincoln Trail District Health Department (LTDHD) has adopted the new quarantine guidance recommended by the Centers for Disease Control and the Kentucky Department for Public Health.

The new guidance does not apply to those who have received a positive test for COVID-19, also known as a case. The isolation requirements for confirmed cases of COVID-19 has not changed. Individuals who test positive for COVID-19 must still isolate for a minimum of 10 days.

The new guidance also does not apply to close contacts who have symptoms. Close contacts who experience ANY symptoms must always quarantine for a minimum of 14 days. See attached guide that identifies common symptoms associated with COVID-19.

The new guidance only applies to close contacts who remain symptom free.

It can take up to 14 days for COVID-19 to develop. Therefore, the safest and most effective way to reduce the spread of the virus is to quarantine for a minimum of 14 days, if at all possible. Following the shorter quarantine guidance below comes with the risk that a person may be infectious when they leave quarantine spreading the virus to others.

Close contacts who remain asymptomatic have three options.

1. Quarantine for 14 days, this is especially important if you will be around people at high-risk for COVID-19: elderly, people with chronic medical conditions, or compromised immune systems.
2. Quarantine for 10 days. The risk that an individual who is leaving quarantine early could transmit to someone else if they became infected is 1%-10%. You must continue to wear a mask when around others for the full 14 days when indoors and outdoors.
3. Quarantine for 7 days, only if you have a negative COVID-19 test. Testing should not be done until 5 or more days have passed since last exposure to the confirmed case. Please remember that a negative COVID-19 test determines your infection with the virus at that point in time. A negative test does not mean you will remain negative. The risk that an individual who is leaving quarantine early could transmit to someone else if they became infected is about 5%-12%. Even a small post quarantine transmission risk could result in a significant number of additional COVID-19 cases.

Do not mix with other people outside of your household or the people you live with unless absolutely necessary. If symptoms develop, immediately self-quarantine and contact your local public health authority or healthcare provider. For additional guidance, please visit the LTDHD website at www.ltdhd.org or the Kentucky COVID-19 website at kycovid19.ky.gov.