



Shortened Isolation and Quarantine Options

The Centers for Disease Control and Prevention (CDC) currently recommends an **isolation period** of 10 days (the maximum infectious period for COVID-19) and a **quarantine period** of 14 days following exposure to COVID-19 (the maximum incubation period for COVID-19).

However, based on local circumstances and resources, the CDC offers acceptable alternative options to shorten isolation and quarantine.

The following options are available to reduce the standard 10-day isolation and 14-day quarantine.

5-day Isolation

To end isolation after 5 days:

- If the individual is symptomatic...
 - Stay home for at least 5 days since symptoms first appeared and
 - Other symptoms have improved (for example, when cough or shortness of breath have improved), and
 - Wear a mask around others for 5 additional days
- If this individual is asymptomatic...
 - Stay home for 5 days following the date of the first positive COVID-19 diagnostic test, assuming symptoms have not developed
 - If symptoms develop, the symptom-based strategy for discontinuing home isolation should be used
 - Wear a mask around others for 5 additional days

[CDC Isolation Guidance](#)

5-day Quarantine

To end quarantine after 5 days, an individual must:

- Have NO symptoms
- Continue monitoring symptoms for the full 10 days after exposure
- If COVID-19 symptoms begin, get tested promptly. If positive, follow isolation guidance.
- Avoid contact with individuals at high risk for COVID-19 – such as individuals 65 years and older and people with underlying medical conditions – for the full 14 days after exposure
- Wear a mask in indoor public settings for an additional 5 days

The CDC continues to recommend masking in public indoor spaces for everyone ages 2 and older in [areas of substantial or high community transmission](#), regardless of vaccination status. Since local transmission remains high, the Jackson County Health Department encourages masking for everyone ages 2 and older.

Up-to-date* on COVID-19 vaccinations OR have had confirmed** COVID-19 within the past 90 days

- People who are up-to-date on COVID-19 vaccinations or have recovered from COVID-19 within the past 90 days do not need to quarantine following exposure to COVID-19 (as long as they remain symptom-free).
 - Even if symptoms do not develop, get tested at least 5 days after last exposure
 - Monitor for symptoms of COVID-19 and wear a mask around others for the full 10 days following exposure
- If symptoms consistent with COVID-19 appear, isolate from others, be clinically evaluated for COVID-19, and get tested for SARS-CoV-2.
- If living in a household with someone who is immunosuppressed, at increased risk of severe disease, or unvaccinated (including children <5 years of age), consider masking at home for 14 days following a known exposure.

**Individuals are considered up-to-date after receiving all recommended COVID-19 vaccines, including any booster dose(s) when eligible.*

***Tested positive using a viral test*

[CDC Quarantine Guidance](#)

What counts as close contact?

Someone who was within 6 feet of an infectious person for a cumulative total of 15 minutes or more over 24 hours is considered a close contact. Persons are considered infectious starting from two days before illness onset (or, for those without symptoms, two days before test specimen collection) until the end of their isolation period.

Examples:

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Quarantine or isolation: What's the difference?

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Courtesy: CDC

For questions about the quarantine and isolation procedures at your workplace, call the Jackson County Health Department at 816-404-9898.

Scenario: I live with someone who has COVID-19 and started my quarantine period because we had [close contact](#). What if I end up having [close contact](#) with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had [close contact](#) with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had [close contact](#), you will need to restart your quarantine.**

Specific Guidance for K-12 Schools

The Jackson County Health Department provides science-based and peer-reviewed guidance on COVID-19 prevention and mitigation strategies to protect the citizens of Eastern Jackson County. The Jackson County Health Department believes that students benefit from in-person school instruction. Keeping students in the classroom environment is a priority. To best protect staff and students, multi-layered prevention strategies continue to best protect against transmission of COVID-19 within the school setting and other school-based activities. We recognize that the Centers for Disease Control and Prevention (CDC), the American Academy of Pediatrics (AAP), and the Missouri Department of Elementary and Secondary Education (MO-DESE) have issued extensive guidance for schools.

Current data suggests limited transmission occurs within the school settings where these multi-layered mitigation measures are in place; therefore, the Jackson County Health Department supports DESE's additional options to reduce the number of students removed from the school setting to quarantine. In addition, the Jackson County Health Department strongly urges school districts to continue to recommend that all eligible individuals receive the COVID-19 vaccine and that all students greater than 2 years of age and all staff continue to wear masks while in school regardless of vaccination status (unless medical or developmental conditions prohibit use).

Find MO-DESE's latest guidance [here](#). Additionally, the Jackson County Health Department supports the new 'Test-to-Stay' version of DESE's guidance as another option for K-12 schools.