



**TO:** Logan County Residents & Visitors

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**For Immediate Release:**

The Center for Disease Control (CDC) released updated guidance for “isolation” and “quarantine” timelines for COVID-19 cases and case contacts.

**Isolation** is for individuals who have tested positive for COVID-19 or for symptomatic individuals who were exposed to a known positive, also called a “probable” case. Isolation lasts for 10 days from either a.) onset of symptoms or b.) date of test, whichever is most recent.

**Quarantine** is for individuals exposed to a positive or probable COVID-19 case. Quarantine now lasts for 7-10 days. To be released from quarantine, you must be symptom-free AND:

a.) Complete a 7-day quarantine with a negative COVID-19 test on days 5, 6 or 7 of your quarantine. You must complete the full 7-day quarantine regardless if you test negative on day 5 or day 6. If you test positive on days 5, 6 or 7, you must isolate an additional 10 days from date of positive test.

OR

b.) Complete a full 10-day quarantine period with no testing required. You may also get tested on days 8, 9 or 10 and be released from quarantine with a negative result. If you test positive on days 8, 9 or 10 you must isolate an additional 10 days from date of positive test.

When in isolation or quarantine, best practices are:

- STAYING AT HOME and not allowing visitors
- Monitoring and logging health for symptoms of COVID-19
- Wearing a mask
- Maintaining a 6-foot distance from others when making essential trips
- Regularly and thoroughly washing your hands
- Regularly and thoroughly disinfecting frequently touched surfaces such as door handles, faucets, TV remotes, cell phones, computers, tablets, etc.
- Doing your best to increase air quality by cracking windows and doors. Read more on air quality at [www.loganhealth.org](http://www.loganhealth.org).

LCHD understands the difficult decisions being made during the COVID-19 pandemic and appreciates your dedication to the health and safety of all Logan County residents and visitors.

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