

FREQUENTLY ASKED QUESTIONS

CDC Quarantine Change

What changed?

The new guidelines allow close contacts of those infected to reduce their quarantine period from 14 days to 10 days. If the close contact receives a negative result from a COVID test, they can reduce their quarantine to seven days.

Individuals will be able to end their quarantine after seven days if they receive a negative COVID-19 diagnostic test, are symptom free and wear a face covering or after 10 days without being tested.

Individuals should continue to monitor their symptoms and wear a face covering for the full 14 days.

How do you test out of quarantine?

The soonest an individual can test is 5 full days after exposure and released from quarantine no sooner than 7 days after exposure. A quarantine calculator can be found at health.nd.gov/covidcalculator. An individual can either do a PCR test or a rapid antigen test. Individuals must continue to quarantine while awaiting test results. Find testing sites near you by visiting www.health.nd.gov/testnd.

When does this go into effect?

December 2, 2020. Individuals who are currently in quarantine can follow the new guidelines to be released on the appropriate day.

Can a person complete the full 14 days?

Yes, an individual can complete the full 14-day quarantine if they would like to.

Does the change apply to household contacts?

Yes, the reduced quarantine changes apply to household contacts. Household contacts to a confirmed COVID-19 case will need to monitor themselves and quarantine during the case's infectious period (this is typically 10 days) AND for their designated quarantine period as described above. Quarantine will end 14, 10 or 7 days after the case's infectious period ends.

Should entities (workplaces, schools, etc.) require negative results to return?

No. Copies of negative test results should not be required.

Why did it change?

Public health experts locally and at the national level are always analyzing data and making changes as new information becomes available. Studies showed that residual post-quarantine transmission risk is estimated to be about 1% with an upper limit of 10% for individuals who are past day 10 and reported no symptoms during daily monitoring.

Are there exemptions?

Residents at long-term care facilities and other congregate living settings and healthcare workers in all settings, are exempt from the new guidance and should continue to quarantine for the full 14 days.

Does the change apply to schools, including universities and colleges?

Yes.

Does the change apply to health care workers?

No.

Will the masking rule still apply?

Yes, if a person is exposed to an infected person and both were wearing a face covering correctly, then the close contact (exposed person) could choose to self-monitor for 14 days instead of quarantine. As before, a face covering should be worn when out in the public.

Can I get an antibody test to prove that I am immune?

No. An antibody test can detect antibodies to the virus that causes COVID-19, but it also can detect antibodies to other closely related viruses. Having antibodies is not an indication of immunity. Close contacts with antibodies should still quarantine and should still wear a face covering when in the public.