

## FREQUENTLY ASKED QUESTIONS

# CDC Quarantine Change

### What changed?

In December 2020, new guidelines were released allowing 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.

In March 2021, new guidelines were released allowing fully vaccinated individuals to be exempt from quarantine and COVID-19 testing if:

- The individual is fully-vaccinated for COVID-19 (i.e.  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine) **AND** remains symptom-free following the exposure.

### 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](https://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](https://www.health.nd.gov/testnd).

### 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.

### What if I am fully vaccinated?

If an individual is fully-vaccinated for COVID-19 (i.e.  $\geq 2$  weeks following receipt of the second dose in a 2-dose series, or  $\geq 2$  weeks following receipt of one dose of a single-dose vaccine) and remains symptom-free, the individual will not need to quarantine or get tested for COVID-19 following the exposure.

### Are there exemptions?

Residents at long-term care facilities, inpatients at a hospital, and other congregate living settings are exempt from the new guidance and should continue to quarantine for the full 14 days regardless of vaccination status.

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

Yes.

### Does the change apply to health care workers?

Fully vaccinated healthcare workers with higher-risk exposures (i.e., healthcare setting exposures) should continue to quarantine from work. Exposed healthcare workers would not be required to quarantine outside of work.

- Facilities can consider applying the above vaccinated persons guidance to personnel with higher-risk exposures as strategy to alleviate staffing shortages.
- Workers in healthcare need to work with their occupational health representative for workplace quarantine guidance.

### 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.