



FOR IMMEDIATE RELEASE

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State of Wisconsin Adopts New COVID-19 Quarantine Options

Eau Claire, WI - December 4, 2020 2:30 PM – Today, the Wisconsin Department of Health Services (DHS) has adopted the new Centers for Disease Control and Prevention (CDC) options for reducing quarantine. These options will be implemented by the Eau Claire City-County Health Department **beginning Monday, December 7, 2020, as recommended by DHS.**

The CDC, as well as Wisconsin DHS, both still recommend a 14-day quarantine as the safest option following exposure to COVID-19, as symptoms may appear 2-14 days after exposure. However, DHS is also providing these options as acceptable alternatives:

- Full 10-day quarantine, with no COVID-19 symptoms during quarantine
 - Example: John is exposed to COVID-19 on Day 0. He begins quarantine on Day 1. Throughout quarantine, John monitors his symptoms daily. On Day 10, John still has not had symptoms of COVID-19. On Day 11, John may return to work, school, or other activities. John must still monitor symptoms for the full 14 days.
- Full 7-day quarantine with no COVID-19 symptoms and a negative COVID-19 test result at end of quarantine
 - Example: Sally is exposed to COVID-19 on Day 0. She begins quarantine on Day 1. On Day 6 or Day 7, Sally gets a COVID-19 test (PCR test preferred). Sally must isolate until the test results return. Sally may return to work, school, or other activities on Day 8 or when she gets her negative test result, whichever is later. Sally must still monitor symptoms for the full 14 days.

The Eau Claire City-County Health Department encourages people who have been exposed to COVID-19 to continue to quarantine for a full 14 days. However, these options to reduce quarantine are acceptable based on data of when people develop symptoms and are most likely to spread COVID-19 to others. For higher-risk settings such as long-term care facilities, shelters, and jails, please contact the Eau Claire City-County Health Department to determine the best quarantine option.

Quarantine helps to control the spread of COVID-19 by keeping someone who was exposed to COVID-19 away from others. People who need to quarantine:

- Were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- Had direct physical contact with a person with COVID-19 (hugged or kissed them)
- Shared eating or drinking utensils with a person with COVID-19
- Sneezed, coughed, or somehow got respiratory droplets from a person with COVID-19
- Provided care at home to someone who is sick with COVID-19

If you test positive for COVID-19, you must notify those who you have been in contact with so they know to quarantine. You can do this anonymously by using the service tellyourcontacts.org. For more information on procedures for close contacts, visit: <https://bit.ly/CovidContact>. For more information about symptoms and testing locations, visit: <https://bit.ly/SymptomsTesting>.

To slow the spread of COVID-19, we continue to have the [COVID-19 Prevention and Control Community Expectations](#) in which Eau Claire County residents are asked to:

- Stay at home as much as possible.
- Avoid gatherings of any size with people who are not in your immediate family or household.
- Keep 6 ft distance and wear a cloth face covering when you are in public spaces.
- Stay home when sick.

Thank you for continuing to protect our community. We are confident that our community can work together to slow the spread of COVID-19. Please visit the covid19eauclaire.org website for more information. Questions from the public may be directed to the COVID-19 Call Center: 715-831-7425.

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