

ALLEGHENY COUNTY HEALTH DEPARTMENT COVID-19 GUIDANCE

REVISED QUARANTINE GUIDANCE

(updated 12/4/2020)

The Allegheny County Health Department, in concert with the Pennsylvania Department of Health, will follow revised guidance from the Centers for Disease Control and Prevention regarding quarantine.

The revised CDC guidance is available in full here: <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>. Information from the state Department of Health is available here: <https://www.media.pa.gov/Pages/Health-Details.aspx?newsid=1176>.

While in quarantine, a person should avoid people outside their household and only leave their residence for medical care. A person in quarantine must monitor for symptoms of COVID-19 and should seek testing if local resources are available. It is recommended a person wait until at least the fifth day after their most recent exposure to get tested.

The Health Department, along with the CDC, recommends quarantining for at least 14 days after the last possible for exposure as the best way to limit the spread of COVID. Symptoms of COVID-19 can start as late as 14 days after exposure to the virus.

Consistent with the recent CDC guidance, the Health Department offers the following two methods to reduce the duration of quarantine. Please note that these alternatives do not apply to healthcare settings and congregate settings (see below).

1. Quarantine can end after 10 days if no symptoms develop with careful daily monitoring. Monitoring should continue for a full 14 days, and if symptoms develop, quarantine should resume, and testing should be performed
2. If there are sufficient local testing resources, quarantine can end after 7 days if the person does not develop symptoms with careful daily monitoring and tests negative for the virus. The test should be performed on the fifth day after the exposure or later. Quarantine cannot end before day 7.
 - a. The Health Department prefers that a PCR test be used to determine if a person can leave quarantine after 7 days.
 - b. Priority for testing will be given to people with symptoms seeking testing to confirm an infection.

The CDC's updated guidance regarding quarantine is intended for the community and **does NOT apply to healthcare or congregate settings**.

Healthcare settings should follow [PA-HAN-526](#) or its successor for treating patients and residents exposed to COVID-19. Healthcare staff exposed to COVID-19 while working in a healthcare setting should follow [PA-HAN-510](#) or its successor.

The Health Department recommends that non-healthcare congregate settings such as correctional institutions or shelters, continue to quarantine for 14 days.

