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Three Rivers Public Health Department Quarantine Guidance to Match Latest CDC Recommendations

Three Rivers Public Health Department (3RPHD) is following the new quarantine recommendations from The Centers for Disease Control and Prevention (CDC). The new recommendations shorten the window for quarantine.

Effective today (December 3, 2020 at 5:00pm), quarantine can end after seven (7) days since a COVID-19 close contact only if all of the following conditions have been met:

- The person seeks a COVID-19 test on day five (5) following their exposure to another person testing positive and their test is negative.
- The person is not experiencing symptoms.
- The person continues to self-monitor for COVID-19 symptoms and wears a mask through day 14.

For those who've had a close contact exposure to COVID-19 but don't take a test, quarantine can end when all of the following conditions have been met:

- At least 10 days have passed since close contact exposure.
- No COVID-19 symptoms have developed.
- The person continues to self-monitor for symptoms, and wears a facial covering through day 14.

Anyone testing positive for COVID-19 must isolate for at least 10 days from the date of their test. Isolation can end when the following conditions have been met:

- The person is fever-free without the use of fever reducing medicine for 24 hours.
- Any COVID-19 symptoms are improving, though some symptoms may linger

Sadly, we are reporting nine new deaths related to COVID-19. Six Dodge County residents including three women between 63 and 92 years of age and three men between 29 and 96 years of age. Two Washington County residents including one woman in her 70s and one man in his 80s. One Saunders County woman in her 80s. This brings our total death count to 44 deaths in Dodge County, 9 deaths in Saunders and 13 deaths in Washington County for a total of 66 deaths in the 3RPHD health district.

For questions or more information about COVID-19, please call Three Rivers at 402-727-5396, email info@3rphd.org or visit www.threeriverspublichealth.org

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