

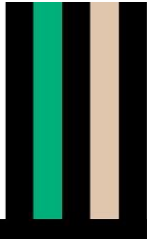


Winnebago County

Health Department

555 N. Court St. / Rockford, IL 61103  
(815) 720.4050  
www.wchd.org

Health  
ALERT



## Reduced Quarantine Period for COVID-19 Close Contacts March 16, 2021

The Winnebago County Health Department (WCHD) is revising the quarantine period for individuals who are **close contacts** to a COVID-19 case. The full quarantine period is 14 days after last contact with a person who has COVID-19. As a result of the ongoing County positivity rate below 3% and the increase number of fully vaccinated residents, WCHD is recommending a reduced quarantine period for individuals meeting the specified criteria.

### Criteria for Reduced Quarantine Period:

1. Can end **after** Day 10
  - a. Without testing **and**
  - b. No symptoms have been reported during any day of the daily monitoring period
2. Can end **after** Day 7
  - a. If a RT (Reverse Transcriptase)-PCR test is negative **and**
  - b. If no symptoms were reported during any day of the daily monitoring period
  - c. The earliest a specimen may be collected and tested would be on Day 5 with quarantine being discontinued no earlier than Day 8
  - d. This option is not recommended for children in daycares or K-12 schools

**Continue full 14-day quarantine period for individuals living or working in congregate living settings** with vulnerable populations, such as skilled care and correctional facilities. WCHD and the Illinois Department of Public Health **recommends the full 14-day quarantine period** due to the risk of severe illness and transmission in these facilities.

After the end of the reduced quarantine period, patients will be instructed to:

1. Watch for symptoms until 14 days after exposure
2. If they have symptoms, immediately self-isolate and contact their healthcare provider
3. Wear a mask, stay at least 6 feet from others, wash their hands, avoid crowds, and take other steps [to prevent the spread of COVID-19](#)

### What is a close contact?

1. Living in the same household as a person with COVID-19
2. Caring for a person with COVID-19
3. Being within 6 feet of a person with COVID-19 for more than 15 minutes
4. Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils)
5. Being in close contact (as described above) in the 48 hours before a person with COVID-19 developed symptoms

For more information, please visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html> or <http://www.dph.illinois.gov/covid19/community-guidance/potential-exposure>.

Should you have any questions, please contact the WCHD's Communicable Disease Program directly at 815-720-4050.

