



DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Promoting and protecting health, well-being, self-sufficiency, and safety of all in Marin County.

December 5, 2020



PUBLIC HEALTH ADVISORY

This advisory modifies and shortens the duration of quarantine for those exposed to SARS-CoV-2.

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Background

SARS-CoV-2, the virus that causes COVID-19, is predominantly spread from person-to-person. Limiting contact between infected people and others can prevent transmission. Quarantining those who have close contact with infected persons separates potential secondary cases from others, preventing onward spread.

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Until now, the standard quarantine interval for COVID-19 has been 14 days. On December 2, 2020, Centers for Disease Control and Prevention (CDC) [updated guidance](#) to provide local health jurisdictions an option to reduce the length of quarantine to reduce the burden imposed by quarantine and to increase community compliance. CDC scientists modeled the residual post-quarantine transmission risk, expressed as a percent of total transmission, per day of quarantine if quarantine were discontinued that day. The addition of diagnostic testing for asymptomatic persons reduces the estimated post-quarantine transmission risk.

Recommendations:

- Marin County residents can continue to be quarantined for 14 days without testing per existing recommendations (estimated post-quarantine transmission risk 0 – 3%).
- All exposed persons must monitor for [symptoms](#) thru Day 14; if any symptoms develop, they should immediately self-isolate and contact their healthcare provider for [COVID-19 testing](#).
- Marin County residents can reduce quarantine to 10 days without testing if no symptoms have developed (estimated post-quarantine transmission risk 0-11%).
- Marin County residents can reduce quarantine to 7 days if a [diagnostic molecular test](#) for COVID-19 (RT-PCR) is negative and if no symptoms have developed (estimated post-quarantine transmission risk 2 – 9%).
 - The specimen must be collected no earlier than 5 days after last contact with a person who has COVID-19.
 - Quarantine cannot be discontinued earlier than after Day 7. Exposed persons must have negative COVID-19 test result in order to end quarantine in less than 10 days.