

Teton County Health Department – Quarantine Strategy

Teton County Health Department (TCHD) conducts contact tracing for individuals identified as close contacts to a positive case of COVID-19.

Definitions

- **Case:** individual who has tested positive for COVID-19.
- **Close contact:** individual identified as being exposed to a positive case under certain guidelines.
 - Guidelines: less than 6 feet for longer than 15 minutes (cumulative or at one time)
- **Isolation:** intended to keep an individual who has tested positive for COVID-19 away from others while they are infectious to reduce the spread of the virus.
- **Quarantine:** intended to keep individuals who may have been exposed to someone who has tested positive away from others for the period of time that they may become infectious to reduce the spread of the virus.

Quarantine recommendations (last day of close contact = day 0)

1. **14 days.** Recommended. Best strategy to reduce the spread and the safest option – especially for high-risk environments*. Testing is still recommended at day 5 and 11; or on or after day 7. *Release on day 15.*
*High-risk environments – household contacts, congregate living, long term care facilities.

Options for shortening quarantine – restrictions apply*

2. **10 days.** If close contact has no symptoms at any time throughout the entire quarantine. Testing is not required but is recommended on or after day 7.
Release on day 11.
3. **7 days.** If close contact has no symptoms at any time throughout the entire quarantine, and they test (negative) on or after day 5 with a PCR test (molecular – e.g. Vault or Curative), from last exposure. *Release on day 8.*
Under no circumstances can someone return earlier than day 8 from last exposure.

*Restrictions apply:

- Any symptoms, even mild, **will not** be allowed to follow a shortened quarantine.
- Any tests taken prior to day 5 will have no bearing on the duration of a person's quarantine.
- Regular symptom checking of all people is advised (with or without a known exposure) and is essential for those returning to work under shortened quarantine for the remaining 14-days.

Quarantine options outlined above apply to those who have been identified as having close contact with someone known to have tested positive and have no symptoms. If symptoms develop, that individual should quarantine at home immediately, contact TCHD and/or their provider and get tested for COVID-19.

Individuals who have tested positive for COVID-19 will be required to isolate.

*We appreciate your partnership in this effort and are happy to help you in this process.
Thank you!*