



1179 Westwood Drive, Suite 300  
Van Wert, Ohio 45891

**Van Wert County**  
*General Health District*

419-238-0808 Fax 419-238-9571  
[www.vanwertcountyhealth.org](http://www.vanwertcountyhealth.org)

For Immediate Release  
12-9-2020

Britt Menchhofer, R.S.  
Public Information Officer

### **Update Regarding Quarantine Guidance**

As of December 7, 2020, the Van Wert County General Health District (VWCGHD) is following updated COVID-19 quarantine guidance per recommendations from the Centers for Disease Control (CDC) and the Ohio Department of Health (ODH).

#### **Optimal Duration: 14-day Quarantine**

The VWCGHD continues to strongly recommend a 14-day quarantine for all persons exposed to COVID-19. A 14-day quarantine period presents the lowest risk of post-quarantine transmission and is still recommended for those individuals living in, working at, or visiting congregate living facilities, high-density workplaces, or other settings where potential extensive transmission or contact with people at increased risk for severe illness from COVID-19 is possible.

#### **Reduced Duration: 10-day Quarantine**

The person must stay home for 10 days after last exposure. A person may be released from quarantine after 10 days, provided no COVID-19 symptoms developed during the ten-day period. Anyone making use of the 10-day quarantine period should still wear a mask and maintain 6+ feet of distance from other people, including members of their household, to minimize the risk of spreading the virus for the remaining 4 days. All individuals must self-monitor for symptoms for 14 days from the last date of exposure. If a person develops symptoms or tests positive, they must begin self-isolation.

It's important to remember that people leaving quarantine sooner than 14 days still may not be able to safely perform certain activities. Any activities during which mask-wearing and social distancing cannot be maintained must be avoided until the 14-day period is over. This may include but is not limited to:

- Eating in a restaurant or having lunch around other people
- Participating in exercise or going to a gym
- Sharing transportation
- Any other activity where people are within 6 feet or must remove a mask to participate.

At this time, **VWCGHD does not accept the option of a 7-day quarantine** following a negative test because shorter quarantine times increase risk of virus spread and would mean using testing resources that are already strained.

###

*"Our mission is to promote and to protect the health and well-being of the community!"*