



Public Health
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Crawford County
Health Department



Crawford County
K A N S A S

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Updated Quarantine Guidelines

Effective immediately, the Crawford County Health Department will adopt the updated recommendations from the CDC and KDHE regarding shortening the quarantine period following an exposure to COVID-19. There have been no changes for isolation for individuals with a positive test or those suspected of being ill with COVID-19.

The following describes the new guidelines:

7-Day Quarantine (Testing and No Symptoms)

- After exposure, the individual must monitor symptoms daily or participate in Public Health monitoring for 7 days.
- If there are no symptoms during this time frame, on or after Day 5, the individual may get a PCR test for COVID-19 (antigen and antibody tests are NOT allowed for this purpose).
- If the test is negative and the person remains symptom-free, the individual can be removed from quarantine after Day 7.
- If Testing Results are pending on Day 7, the individual must not leave quarantine until results are received.

10-Day Quarantine (No Testing and No Symptoms)

- After exposure, the individual must monitor for symptoms daily or participate in Public Health monitoring for 10 days.
- If there are no symptoms during the 10 days, the individual can be released from the quarantine without a test.

Quarantine while living with someone positive for COVID-19

- For individuals with ongoing contact in the home, the quarantine time frame will begin AFTER the in-home contact has completed their isolation requirements (generally this is 10 days from the onset of symptoms if they are fever free and symptoms are improved). This would result in quarantine of 17 to 20 days total (10 days plus 7 or 10 days depending on the above release option).

- The quarantine time frame can be started at last contact if the positive/ill individual can be appropriately segregated from other household members. This would result in quarantine of 7 or 10 days from the last contact depending on the above release option.

Individuals already in quarantine at time of policy change and without daily self-monitoring or public health monitoring, who have remained asymptomatic, may opt to test with PCR at 7 days, or may be released at 10 days if they are asymptomatic throughout the time period.

KDHE and the Crawford County Health Department recommend all exposed people should self-monitor for 14 days from exposure and contact their healthcare provider if symptoms develop. The disease can still develop through day 14.

Due to high risk situations, those residents in long-term care and assisted facilities as well as offender populations in Kansas Department of Corrections prisons, are not eligible for shortened quarantine periods in any county.

It is even more important that mask wearing in public, social distancing and good hand washing or sanitizing be adhered to through the 14-day period so inadvertent transmission does not occur.