

December 11, 2020 – Major Toolkit Changes

New! Close Contacts (without symptoms) The COVID-19 incubation period and the ideal length of quarantine continues to be 14 days after last exposure to the case. If 14 days of quarantine is not practical, 10 days is acceptable in order to improve compliance if the following conditions are met:

- Continue to monitor for symptoms daily through day 14.
- If any one of the following symptoms are observed, isolate immediately and seek testing: fever, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
- Wear a mask, stay at least 6 feet from others, avoid crowds, wash hands frequently, and take other steps to prevent the spread of COVID-19 in case infectious without symptoms for full 14-day period and beyond



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