



Guidance for Long-term Care Facilities on Shortening the Duration of Quarantine for Contacts of Persons with SARS-CoV-2 Infection

The Centers for Disease Control and Prevention (CDC) has developed [guidance](#) on options to reduce the duration of quarantine* for contacts of persons with SARS-CoV-2 infection using symptom monitoring and diagnostic testing.

CDC currently recommends as the preferred option that individuals [quarantine for 14 days](#) after exposure to an individual with COVID-19 (and possibly longer if the exposed individual develops symptoms or tests positive during the 14-day quarantine period). However, CDC's new [guidance](#) outlines other options for shortening the recommended period of quarantine based on symptom monitoring and diagnostic testing. The guidance applies only to people who are [close contacts](#) of an individual with COVID-19 but who remain asymptomatic. It does not apply to people who are *diagnosed* with COVID-19.

The Idaho Department of Health and Welfare (DHW) *does not recommend* implementing the options for shortening the duration of quarantine in the long-term care setting. Rather, DHW recommends that long-term care facilities maintain a full 14-day period of quarantine for residents or staff who are living or working, respectively, in long-term care facilities. Shortening the duration of quarantine is designed to reduce the burden of quarantine on individuals while accepting a small increased risk of post-quarantine secondary transmission. Given the vulnerable nature of long-term care facility residents and the potential severe impacts of COVID-19, including severe illness, hospitalization, or death, a full 14-day quarantine period continues to be recommended in this setting.

DHW also continues to recommend that newly admitted or readmitted residents with unknown or negative COVID-19 status be monitored for evidence of COVID-19 for a full 14 days after admission and cared for using all recommended COVID-19 PPE.

In the event that a facility is experiencing a staffing shortage for which mitigation strategies are required, such as those outlined in CDC's [Strategies to Mitigate Healthcare Personnel Staffing Shortages](#), these strategies should be implemented in a manner consistent with the facility's emergency preparedness plans.

*Quarantine should be considered synonymous with "self-isolation" in Idaho