On Wednesday afternoon (12/2/20), the CDC announced two acceptable alternatives to the 14-day quarantine period that occurs when someone has been exposed to a confirmed positive case.

1. Quarantine can end after 10 days if no symptoms have been reported, but mask use and symptom monitoring must continue through day 14, or
2. Quarantine can end after day 7 if the individual has a negative test result. The test can be collected no earlier than 48 hours before the end of day 7. In other words, someone can return on day 8 if they were tested on day 6 at the earliest. Again, a mask and symptom monitoring must continue through day 14.

Remember – While a quarantine starts when a person has close contact with a positive case, the 7 or 10 day period does not start until the person is no longer in contact with the positive case. For example...I care for a positive family member for 10 days while they are sick. Once they are cleared my 7 or 10 days start. If I cannot isolate from that family member I could be out of work for at least 17, if not 20 or more days.