



## Sangamon County Department of Public Health

12/11/2020

### SANGAMON COUNTY DEPARTMENT OF PUBLIC HEALTH (SCDPH) TO MAINTAIN 14-DAY QUARANTINE REQUIREMENT

The new optional guidelines for quarantine issued by Centers for Disease Control and Prevention (CDC) and the Illinois Department of Public Health (IDPH) have received much attention. Both IDPH and CDC emphasize that the preferred method of quarantine is for 14 days but that a shorter period of isolation may be employed in certain highly selected situations.

It is important to stress that the proposed changes do not change the conditions for people in congregate settings, which covers the vast majority of the population. A congregate setting is an environment where a number of people live, meet or gather in a close space for a period of time, such as schools and workplaces. Only a small group of the general population would qualify for a reduced quarantine. A reduced quarantine time would require much more strict procedures and closer daily monitoring. Other requirements that must be followed include mandatory masking in the home, social distancing, avoiding crowds, insuring adequate indoor ventilation and symptom monitoring.

Having consulted with the county's expert medical advisors as to the best policy from the point of view of medical safety, SCDPH will continue to use the 14-day quarantine recommended by the CDC. The original 14-day guidelines serve to best protect the community's health and safety by reducing the spread of the coronavirus that causes COVID-19 and they are, by now, well understood in the community. The CDC and the IDPH continue to endorse that the safest and best option for preventing transmission is the 14 day quarantine.

The evidence shows the risk of spreading the disease following a 14 day quarantine period is nearly zero. Releasing a person too soon from a quarantine could result in that person spreading the virus throughout the community even without manifesting symptoms. CDC's study agrees with this.

“We understand that everyone longs for this to be over and would prefer a shorter quarantine period. We do, too. But for most people these ballyhooed options, in fact, mean nothing. For the safety of the community sticking with the 14 day period is the safest course for now” said Gail O’Neill Sangamon County Director of Public Health; “At this time, from what we know, neighboring counties and similarly sized counties are also maintaining the 14 day quarantine.”

[www.scdph.org](http://www.scdph.org)

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