



Eastern Idaho Public Health

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NEWS RELEASE

FOR IMMEDIATE RELEASE
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New Recommendations on Revised Quarantine Guidance; Resources Available Online for COVID-19 Cases and Contacts; and Free COVID-19 Testing Opportunities in Idaho Falls at Eastern Idaho Public Health (EIPH)

(SE Idaho) – Centers for Disease Control & Prevention (CDC) and the Idaho Department of Health & Welfare (IDHW) have provided options to reduce the quarantine period for asymptomatic close contacts of COVID-19 cases. The recommendation for a 14-day quarantine was based on estimates of the upper bounds of the COVID-19 incubation period. Reducing the length of quarantine will reduce the burden of quarantine on individuals, families, and businesses. However, shortening quarantine risks may be less effective in reducing transmission than the currently recommended 14-day quarantine.

Idaho Guidance

Regardless of strategy, symptom monitoring, masking, handwashing, and physical distancing must continue through Day 14.

- **Non-Testing Strategy:** Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- **Testing Strategy:** Quarantine can end after Day 7 if a diagnostic specimen tested returns a negative result and no symptoms have been reported during daily monitoring.
 - Testing must be a molecular amplification method (e.g., RT-PCR). Antigen and antibody test results are not allowed.
 - The specimen can be collected as early as 48 hours prior to Day 7.
 - Quarantine can end only after the negative test result and no earlier than Day 7.

For various reasons, some people that test positive for COVID-19 do not engage with public health in the disease investigation and contact tracing process. Because of this, they miss out on valuable information and guidance about what they and their case contacts need to do to help reduce the spread of COVID-19. To assist with this, we have made available detailed information and instructions (in both English and Spanish) for cases and case contacts. This can be found on the main page of our website at www.EIPH.Idaho.gov.

Starting Monday, December 14, we will be providing **FREE** drive-thru COVID-19 testing at our Idaho Falls office until the end of the month of December or supplies are depleted. This is being offered to the community through a partnership with U.S. Health and Human Services.

- More -

All details, including scheduling an appointment, can be found at www.DoINeedaCOVID19Test.com (Do I Need a COVID19 Test). This is a great opportunity for people who have encountered barriers to testing throughout the pandemic.

Current COVID-19 case counts, details on all cases, and much more can be found on our new data dashboard at www.EIPH.Idaho.gov. Much of the information on the new dashboard is the same as our old one. However, the new dashboard is much more interactive and allows for more engagement by the user.

If anyone has questions about the content of this release or the pandemic in general, please reach out to us by calling 208-522-0310 or toll free at 855-533-3160 (Monday-Friday, 8-5), emailing COVIDQuestions@eiph.idaho.gov, or asking through our Facebook page at @EIPH.Idaho.

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