



**NEK Multi-County Health Departments, Inc**

616 Commercial St.  
Atchison, KS 66002  
913-367-5152 Phone  
913-367-4580 Fax

**FOR IMMEDIATE RELEASE**

December 4, 2020

**EFFECTIVE IMMEDIATELY**

**NEW GUIDELINES FOR QUARANTINE **UPDATED!!!****

**THIS ONLY APPLIES TO CONTACTS WITHOUT SYMPTOMS**

**7 DAY QUARANTINE (TESTING AND NO SYMPTOMS)**

- MUST REMAIN SYMPTOM FREE
- ON OR AFTER **DAY 6** OF EXPOSURE INDIVIDUAL MAY GET A **PCR** TEST. Make sure that you are getting the correct test, antigen and antibody tests will not be accepted.
- IF THE TEST IS NEGATIVE AND YOU REMAIN SYMPTOM FREE, YOU MAY RETURN TO NORMAL ACTIVITY ON DAY 8.
- IF YOU ARE STILL WAITING FOR RESULTS ON DAY 7 YOU MUST REMAIN IN QUARANTINE UNTIL THE RESULTS ARE RECEIVED.

**10 DAY QUARANTINE (NO TESTING AND NO SYMPTOMS)**

- MUST REMAIN SYMPTOM FREE FOR 10 DAYS
- ON DAY 11 YOU MAY RETURN TO NORMAL ACTIVITIES AS LONG AS YOU REMAIN SYMPTOM FREE

**\*\*\* RESIDENTS IN LONG-TERM CARE AND ASSISTED LIVING FACILITIES AS WELL AS OFFENDER POPULATIONS IN KANSAS DEPT. OF CORRECTIONS PRISONS, ARE NOT ELIGIBLE FOR SHORTENED QUARANTINE PERIODS.**

**ALL EXPOSED PERSONS SHOULD MONITOR THEIR SYMPTOMS FOR 14 DAYS FROM EXPOSURE AND CONTACT THEIR HEALTHCARE PROVIDER IF SYMPTOMS DEVELOP.**

**THE DISEASE CAN STILL DEVELOP THROUGH DAY 14.**