

### **NEW CDC GUIDANCE AS OF 12/2/20:**

While a 14 day quarantine after exposure is considered the safest approach, the CDC has now revised its recommendations and now allows two scenarios:

1. 10 day quarantine after exposure without testing required.
2. 7 day quarantine if rapid or PCR testing done on day 6 or 7 is negative
3. In both scenarios, you should continue to monitor for symptoms (fever, cough, congestion, shortness of breath, vomiting, diarrhea) for the full 14 days, and if symptoms develop return to quarantine and get tested.