



OREGON-COLUMBIA CHAPTER, NECA COVID-19 AFTERNOON UPDATE DECEMBER 7, 2020

In an effort to cut down on the number of communications we are sending to you, as we know everyone is receiving an abundance of information, we have opted to send a number of pertinent pieces of information in one bundle. We will be doing this every afternoon as long as there is information that needs to be passed along.

WASHINGTON STATE ADOPTING CDC'S NEW QUARANTINE GUIDELINES

The Washington State Department of Health is adopting the new Centers for Disease Control and Prevention (CDC) guidelines to reduce quarantine for people who have been exposed to COVID-19. Although both the Washington State Department of Health and CDC currently recommend a quarantine period of 14 days, there are circumstances that allow for a shortened quarantine. These include:

- **If a person who is in quarantine has no symptoms**, quarantine can end after Day 10.
- **If a person who is in quarantine receives a negative COVID-19 test and has no symptoms**, quarantine can end after Day 7. Get tested within 48 hours before ending quarantine.

Quarantine is used to reduce the risk that infected people might unknowingly transmit infection to others. It also ensures that people who become symptomatic during quarantine can be rapidly be tested. Both Washington state officials and the CDC recognize that a 14-day quarantine can impose personal burdens that may affect physical and mental health as well as cause economic hardship. This change in guidelines is meant to help reduce that burden, while continuing to keep communities safe. You can view the full press release by clicking [HERE](#).

For any questions or concerns, please contact Tim Gauthier, Executive Manager at tim@orecolneca.org.

All COVID-19 related information is available at <https://www.orecolneca.org/>