



**NEVADA
HEALTH
RESPONSE**

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Meghin Delaney

Communications Director

CONTACT: pressroom@nvhealthresponse.nv.gov

CDC updates guidance shortening quarantine period

Nevada Division of Public and Behavioral Health issues Technical Bulletin reflecting updated guidance from CDC

Carson City, NV – Today [updated guidance was issued from the Centers for Disease Control and Prevention \(CDC\)](#) regarding the shortening of the quarantine period for those exposed to COVID-19.

Individuals may now resume normal activity after 7 days if they tested negative starting on day 5 of the quarantine or after 10 days if they remain asymptomatic and testing is not available. When testing is not available, individuals who were exposed to COVID-19 and remain asymptomatic must be quarantined for 10 days from the time of their most recent exposure. This includes, but is not limited to, at home quarantine, in a hotel or dormitory room, or in a group quarantine facility.

Previously, the CDC guidelines recommended a 14-day period for quarantined individuals.

Recent data analysis demonstrated that most of those exposed to COVID-19 who later developed the infection did so on the third to fifth day after exposure rather than later, hence the shortening of recommended quarantine.

The Division of Public and Behavioral Health has issued a Technical Bulletin with information on these updates.

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