



Chelan-Douglas Health
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Grant County Health District
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Okanogan County Public
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NCW Region COVID-19 Quarantine Duration Update

Adopted from CDC/WA DOH Guidelines^{1,2}

Updated May 4, 2021

Quarantine duration for close contacts of confirmed COVID cases continues to be a complex and evolving issue. CDC and Washington State Department of Health (DOH) continue to recommend a quarantine period of 14 days as the safest option after COVID exposure.^{1,2} However, with scientific understanding of virus incubation period, natural immunity and the effectiveness of the COVID-19 vaccine, we have new knowledge upon which we can adjust our approach.

The Health Officers of Chelan, Douglas, Grant, Kittitas, and Okanogan counties support CDC's and DOH's approach to quarantine after known COVID-19 exposure when certain criteria are met as outlined below.

- 1. Quarantine duration of 14 days continues to be the safest option for the residents of the North Central Region.**
- Local public health authorities may consider stopping quarantine in some persons without any symptoms:
 - After day 10 since exposure without additional COVID testing;
 - After day 7 since exposure if testing negative for COVID with either PCR or Antigen testing (test must occur on or after day 5 since exposure).
- Any person who has had confirmed COVID-19 is considered naturally immune from COVID-19 for a duration of 3 months. During the three months following a COVID-19 infection, if a person is re-exposed to COVID-19, quarantine may not be required.³
- Currently available vaccines have been shown to provide immunity for at least three months. This aligns with temporary natural immunity after COVID-19 infection. During the three months following vaccination (14 days have passed since receipt of the second dose of Pfizer or Moderna mRNA vaccine), if a person is exposed to COVID-19, quarantine may not be required.⁴
- Any person permitted to forego or stop quarantine before 14 days must follow these principles:

- a. closely watch for symptoms until 14 days have passed since the last exposure;
- b. if any symptoms develop, the person must immediately self-isolate and contact a local public health authority or healthcare provider;
- c. all persons should continue wearing a mask, stay at least 6 feet from others, wash hands regularly, avoid crowds or gatherings, and take other steps to prevent the spread of COVID-19.⁵

¹ <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

² <https://www.doh.wa.gov/Newsroom/Articles/ID/2488/Washington-state-adopting-CDCs-new-quarantine-guidelines>

³ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html>

⁴ <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html>

⁵ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>



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