

Per the new CDC COVID-19 guidelines that went into effect December 2, 2020, quarantines can end after seven (7) days for people who test negative and 10 days for those who do not get tested instead of 14 days. The CDC hopes these new guidelines help ease some of the economic hardship of quarantining, but they say they do come with risk which they have deemed acceptable. Up until now, someone who believed they were exposed to COVID-19 was advised to quarantine for 14 days after exposure. The CDC says the 14-day quarantine period is still the best way of reducing the spread, but they say new research has identified two (2) alternatives that are acceptable for shorter quarantine periods. The CDC says if you are coming out of quarantine after seven (7) days you should have a COVID-19 test within 48 hours of the end of the quarantine. They say their studies have shown that for someone coming out of a seven (7) day quarantine the residual risk of that person having Coronavirus is between 5 to 10 percent; a risk they say is acceptable. [CDC.gov](https://www.cdc.gov)



Exposure to known positive Covid-19 = day one



Then you test on day 5



If negative, then you return to work or school after day 7



If *not tested*, then you return to work or school after day 10



Monitor for signs or symptoms of Covid-19 for 14 days

Signs and symptoms to monitor for are: Fever, Chills, Shortness of Breath, Cough, Diarrhea, Abdominal Pain, Vomiting, Fatigue, Joint Pain, Muscle Aches, New Rash, Loss of Smell or Taste, Sore throat, Headache, Congestion, and Runny Nose

Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.

*****(If you have symptoms, immediately self-isolate and contact your local healthcare provider and get tested.)*****

For more information, please call **Catherine L. Kuhlmann, City of Fredericksburg and Gillespie County Infection Control Officer**, @ (830) 992-9218. City of Fredericksburg and Gillespie County are following the seven (7) and ten (10) days quarantine guidelines recommended by the CDC.

Information on Community Testing available on the City of Fredericksburg fbgtx.org and Gillespie County gillespiecounty.org Websites as well as published in the *Fredericksburg Standard - Radio Post*.