

Administrative Offices

4041 N Central Ave, #1400 • Phoenix, Arizona 85012
Phone: (602) 506-6900 • Fax: (602) 506-6885

WeArePublicHealth.org

[Twitter.com/Maricopahealth](https://twitter.com/Maricopahealth)
[Facebook.com/MCDPH](https://facebook.com/MCDPH)

December 9, 2020

Dear Public Health Partner,

As you are likely aware, the CDC and subsequently ADHS updated their [quarantine guidance](#) to allow for a shorter quarantine duration. Maricopa County Public Health is also updating our guidance to reflect these changes and align with CDC and ADHS.

From today forward, close contacts in non-congregate living settings** (defined below) need to **quarantine at home for 10 full days*** following their last exposure to someone with COVID-19.

*Close contacts also have the option to end quarantine **after 7 full days** if they have:

- **Been tested for COVID-19** by PCR or antigen test collected **after at least 5 full days** following their last known exposure; AND
- **Received a negative test result;** AND
- **Remained symptom-free** since their last exposure.

CDC modeling has shown that the risk of COVID-19 transmission after 10 days without testing is a median of 1.4% (0.1–10.6%) and after 7 days with a negative test is a median of about 5% (2.3–11.9%). We feel that this is low enough that the benefit of decreasing the length of quarantine outweighs this risk. It should be noted that the incubation period for SARS CoV-2 remains 14 days, and because of this, all close contacts should continue to vigilantly **wear a mask and monitor for symptoms for 14 days following their last exposure, regardless of when quarantine ends.**

Please note: close contacts living in congregate settings** (defined below), where there is a much higher risk of disease spread, are required to quarantine for the full 14-day period.

Attached are our updated guidance documents and flowcharts in English and Spanish, which are also available on our website. We are working to update all webpage language and documents. We appreciate your partnership.

Stay healthy and safe,
Rebecca

****Congregate setting definition:**

Any facility where people living in a group setting share living space (including bathroom or kitchen)

AND those living there depend on the facility for:

- Completion of activities of daily living (ADLs); OR
- Temporary shelter; OR
- Medical services.

Congregate settings include but are not limited to:

- Long-term care facilities (LTCFs)
- Hospice
- Assisted living facilities
- Shelters with dormitories
- Jails, prisons, and detention centers (ICE and ORR)
- Group homes (including IDD, DCS)
- Temporary shelters for people who are asylum-seeking/unaccompanied children
- Inpatient physical rehabilitation facilities
- Inpatient behavioral/addiction rehabilitation

Non-congregate settings include but are not limited to:

- Student or faculty housing (e.g., dormitories or residence halls)
- Apartments
- Independent living facilities
- Shelters with apartment-style living arrangements (own bathroom and kitchen)
- Outpatient behavioral/addiction rehabilitation
- Multi-generational or multi-family homes



Rebecca Sunenshine, MD, FIDSA

CAPT, US Public Health Service

CDC Career Epidemiology Field Officer

Medical Director, Disease Control

4041 N. Central Ave., Suite 600 | Phoenix, AZ 85012

[Find free and almost-free resources at FindHelpPHX.org](http://FindHelpPHX.org)