**Public Health Quarantine Recommendation**

To:

 The Wyoming Department of Health (WDH) has reasonable cause to believe that you may have been exposed to a communicable disease that affects the public health: Coronavirus Disease 19 (COVID-19).

The WDH recommends that you quarantine for fourteen days following your most recent exposure. Quarantine means staying home, including not going to work or school. You can go outside on your property and exercise outdoors as long as you don’t have close contact with others and refrain from using public water fountains and restrooms. You may leave home to seek medical care, including to get tested for COVID-19.

 During quarantine, you should monitor yourself for symptoms of COVID-19 including fever, chills, cough, shortness of breath, muscle aches, sore throat, fatigue, headache, loss of taste and smell, congestion, runny nose, nausea, vomiting, or diarrhea. If you develop any symptom, please contact your healthcare provider.

During your quarantine, WDH recommends that you stay 6 feet away from others in your household as much as possible, especially those who may be at increased risk for severe illness. This will help make it less likely that your family members will get COVID-19 if you do become sick. WDH realizes keeping your distance within the household is not always possible, for example if you have young children in the household. You should maintain a distance of 6 feet from anyone outside of your household, except when you are seeking medical care.

CDC published two options for reducing the length of quarantine following exposure to COVID-19. Options for shortening the quarantine period include:

* Ending quarantine **after** 10 days if you have monitored yourself daily and have not had **any** symptoms
* Ending quarantine **after** 7 days if you have monitor red yourself daily and have not had **any** symptoms **AND** you had a negative PCR test collected on day 5 or later. In no circumstances can quarantine be discontinued before 7 full days of quarantine have passed since exposure.

If you choose to use one of the options above to shorten the quarantine period, you should continue to monitor for symptoms daily for the full 14 days. WDH recommends that you continue to take measures to protect yourself and others such as avoiding crowds, social distancing, correct and consistent mask use, and hand and cough hygiene for the full 14 days.

Once you have completed the quarantine period without developing symptoms or having a positive test, you may return to work and school and resume normal activities.

Any questions regarding this recommendation should be sent to wdh.covid19@wyo.gov.