A MESSAGE FROM THE HEALTH COMMISSIONER

Dear Community Members:

Throughout the pandemic, a common phrase you've probably heard over and over is that we are in an ever evolving situation. This past week, changes were made to our public health protocols as a result of these changing times. I want to address what's new and explain what it means for Medina County.

Updates to quarantine protocols

The Centers for Disease Control and Prevention (CDC) made modifications to the recommended length of time a person exposed to COVID-19 is required to quarantine and the Ohio Department of Health (ODH) has updated their guidelines to align with the changes.

The incubation period for coronavirus remains 14 days. That has not changed. If you are able, it remains best to separate from others and monitor for symptoms for a full 14 days. However, based on research, we now understand that more than 90% of people who develop illness do so in the first 10 days after they are exposed. The option now exists for reduced quarantine time from 14 days to 10 days based on the absence of symptoms.
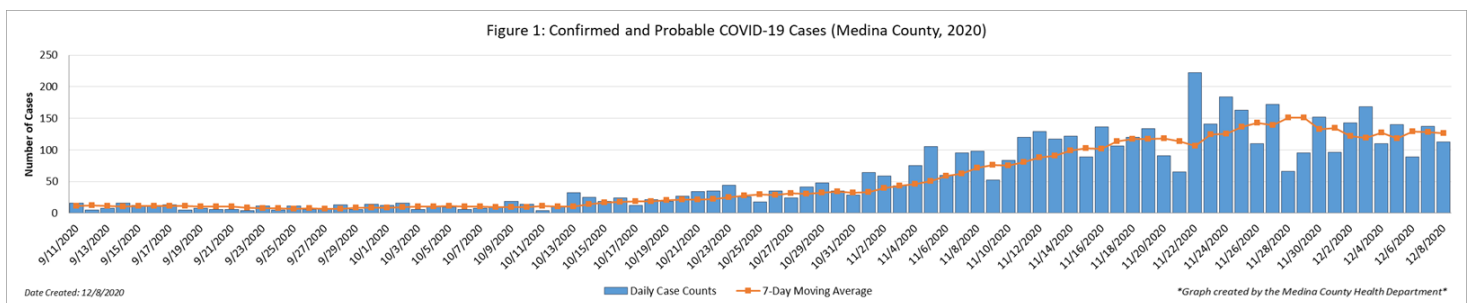
From the updated guidelines, Medina County Health Department has adopted Reduced Duration 1, which went into effect on December 5. Residents who are exposed to coronavirus are required to stay in their home for 10 calendar days and self-monitor for a full 14 days from the date of exposure. A negative test would not change the duration of quarantine. If symptoms develop at any point during the quarantine period, please call the Health Department at 330-723-9688, option 2 and we will talk through your symptoms and what next steps will be required of you.

The two week quarantine period has been difficult for people in situations where they aren't able to work from home or in situations where someone might not have outside support. The hope is that reducing the total expected length of time in quarantine will promote better adherence and reduce the burden on individuals in these situations. The best chances of reducing the risk of transmission is staying home for the full 14 days and employers may still require this out of caution.

Why getting tested is more important than ever

Last week, Medina County reported over 900 positive cases of coronavirus. The trend continues to show a sustained high level of cases. It is so important that if you are having any type of symptoms to self-quarantine and seek testing so you don't unintentionally spread the virus. Early detection can prevent spread and also ensure early medical treatment for those at risk of complications. There are several locations in Medina County where you can get tested and those can be found here: https://medinahealth.org/community/current-outbreaks/testing/

Figure 1: Confirmed and Probable COVID-19 Cases (Medina County, 2020)

Date Created: 12/8/2020   Daily Case Counts   7-Day Moving Average   *Graph created by the Medina County Health Department*

Where can I find the latest information?

Medina County Health Department's coronavirus data dashboard is updated every Friday afternoon. You can find the dashboard here: www.medinahealth.org/community/current-outbreaks/data/. For other information and resources you can use to help make decisions that are best for you and your family, visit www.Medinahealth.org or visit the Ohio Department of Health at coronavirus.ohio.gov.