



**FOR IMMEDIATE RELEASE**

Contact: Natalie Lonjak  
Medina County Health Department  
Phone: 330-723-9688, option 2  
[nlonjak@medinahealth.org](mailto:nlonjak@medinahealth.org)

**Medina County Health Department Adopts Updated Quarantine Guidelines**

**MEDINA, OHIO, December 5, 2020** – In accordance with recent modifications allowed by the Centers for Disease Control and Prevention (CDC) to reduce the quarantine period for people possibly exposed to COVID-19 and modifications made to current guidance by the Ohio Department of Health (ODH), Medina County Health Department will adopt the Reduced Duration 1 option effective December 5, 2020.

The incubation period of COVID-19 is 14 days and people exposed to the virus may still develop symptoms at any time during that period. However, based on research, we now understand that more than 90% of people who develop illness do so in the first 10 days after exposure. The hope is that reducing the total expected duration of quarantine will promote better adherence.

The CDC remains clear that 14 days is the optimal duration of quarantine time to minimize risk of transmission. Employers may still require this, and the Medina County Health Department is encouraging anyone exposed who is able to quarantine for 14 days to do so.

Under the updated considerations, Medina County residents exposed to COVID-19 will be required to stay in their home for 10 calendar days and self-monitor for a full 14 days from the date of exposure. It may take up to 14 days to develop symptoms. A negative test does not change the quarantine time frame. If symptoms develop at any point during the quarantine period, call Medina County Health Department at 330-723-9688, option 2 or your medical provider.

ODH's updated recommendations can be found here: <https://coronavirus.ohio.gov/static/docs/covid-19-guidance-quarantine.pdf>

For questions or concerns, please call 330-723-9688, option 2 or visit [MedinaHealth.org](http://MedinaHealth.org). For more information from the Ohio Department of Health, visit [coronavirus.ohio.gov](https://coronavirus.ohio.gov).

**About Medina County Health Department**

The public health mission is to prevent, promote, and protect health. You can trust the Health Department to keep you informed and provide reliable information on what you can do during this

outbreak and beyond. The Medina County Health Department has protected your health since 1918. Services are partially supported by your property tax health levy. Equal opportunity provider.

# # #