

This letter is intended to be a convenient way to provide employees the ability to print documentation to provide their employers notification and confirmation of their quarantine requirements. Complete the information in the blank spaces, sign, and submit to your employer.

NOTICE OF SELF-QUARANTINE due to close exposure to a person with CORONAVIRUS DISEASE 2019 (COVID-19)

Date _____

Employer _____

Address _____

City _____, Nebraska 68 _____

Dear _____

I was notified by the Health Department or a close contact that I am at risk for COVID-19 due to close contact with a confirmed COVID-19 case. I am required to quarantine.

The date of my last close contact with the COVID-19 positive person was _____.
If I do not develop symptoms during my quarantine, the last day I can be released from quarantine is 14 days from the date of that close contact. I can return to work on day 15.

Nebraska's Directed Health Measures (DHM) include options for reducing time in quarantine. If I meet those specific conditions, I may return to work earlier, but not before day 8. Those conditions are described on the following page. If I meet those conditions, I am still required to wear a mask until and including 14 days after my last exposure to a confirmed COVID-19 case.

If I develop symptoms during my 14-day quarantine period, I am required to either; test for the virus and follow those parameters, or, if I cannot test, to self-isolate for 10 days after onset of my symptoms and until I have been fever-free without fever reducing medicine for 1 full day and my symptoms have improved.

Once I have fulfilled my quarantine requirements under the current DHM and if I have not developed symptoms of COVID-19, I am permitted to report back to work not later than the 15th day after I was exposed to COVID-19.

Sincerely

Employee Name _____

Additional information about COVID-19 is available at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Nebraska's Directed Health Measures are at [COVID-19 Directed Health Measures \(DHM\) \(ne.gov\)](#)

Calculating Quarantine Time

CDC and the State of Nebraska Directed Health Measures now offer quarantine options to possibly allow for reduced time in quarantine at home; the specifics of those options are described below.

For the options listed below, please enter the date accordingly for each one:		
Day 0	Last Day of Close Contact with Someone Infectious for COVID-19:	
Day 5	The earliest day that a test specimen may be collected for the 7-day home quarantine option (#3 below):	
Day 8	Return to Activities if choosing the 7-day home quarantine option AND must meet all criteria in #3 below:	
Day 11	Return to Activities Date if choosing 10-day home quarantine option AND must meet all criteria in #2 below:	
Day 15	14-day Return to Normal Activities Date, if no symptoms have developed:	

1. **A full 14-day home quarantine AFTER** close contact has the lowest risk of post-quarantine spread. This strategy poses a residual transmission risk of about 0 – 3%.
2. Home Quarantine may be discontinued **AFTER 10 days** from the last close contact with someone who is infectious for COVID-19 if the following requirements are met:
 - a. There has been NO symptom development AND
 - b. Symptom Monitoring, at least two times daily, continues through day 14 since last close contact AND
 - c. A face mask is worn at all times when outside of the home through day 14 since last close contact.
 This strategy poses a residual transmission risk of about 1 – 10%.
3. Home Quarantine may be discontinued **AFTER 7 days** from the last close contact with someone who is infectious for COVID-19 if the following requirements are met:
 - a. There has been NO symptom development AND
 - b. Symptom Monitoring, at least two times daily, continues through day 14 since last close contact AND
 - c. A face mask is worn at all times when outside of the home through day 14 since last close contact AND
 - d. A negative COVID-19 test result is received for the quarantined individual for a specimen that was collected no earlier than 5 days since the quarantined individual's last close contact. The test performed can be either molecular (PCR) or antigen but cannot be an antibody test.
 This strategy poses a residual transmission risk of about 5-12%.
4. **If even one symptom develops during the 14 days after last close contact**, the quarantined person should immediately isolate at home, seek testing, and continue isolation while waiting for test results. If the test is positive for COVID-19, the person then moves to isolation status.