



Alternative Quarantine Options: Healthcare Provider Monitoring

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

- A. Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- B. Quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

In both cases, additional criteria (e.g., continued symptom monitoring and masking through Day 14) must be met.

- A. The specimen collected and tested must be within 48 hours before the time of planned quarantine discontinuation, but quarantine cannot be discontinued earlier than after Day 7.
- B. Serologic testing (IgG/IgM) are not diagnostic tests to be used for this purpose.
- C. PCR testing is required for the 7 day with testing option.
- D. Contacts must be counseled and agree to strictly adhere, through Day 14, to all recommended non-pharmaceutical intervention. (correct and consistent mask use, social distancing, hand and cough hygiene, cleaning and disinfection, avoiding crowds, and adequate ventilation)
- E. If any symptoms develop, the contact should be advised to immediately self-isolate and contact their healthcare provider or local public health to be tested.

Quarantined Individual Name: _____ Campus: _____

Beginning date of quarantine: _____

Ending date of 14-day quarantine: _____

Reduced ending date of quarantine (10 days): _____ *Must meet Criteria A on next page*

Reduced ending date of quarantine (7 days): _____ *Must meet Criteria B on next page*

This completed form must be presented to the campus at which the individual attends/works before the individual will be allowed to return to campus.

For more information, please see the December 3, 2020 Amarillo Public Health Advisory

[Click here](#) or visit Amarillo Public Health's website



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Criteria A: 10 Day Quarantine with 14-day Monitoring

Criteria A:

Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.

Date of initial quarantine: _____ (the next calendar day is considered day 1)

Date 1: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 2: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 3: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 4: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 5: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 6: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 7: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 8: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 9: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 10: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 11: _____ Return to work/school if asymptomatic all previous days (Must continue daily monitoring for symptoms and must be masked at all times for 14 days)

Date 12: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 13: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 14: _____ ☐ Asymptomatic _____ Medical Provider initial

I, _____, certify the quarantined individual named above has been
(Healthcare Provider Printed Name)

monitored daily and has been asymptomatic as stated above.

Healthcare Provider Signature: _____ Medical Provider Phone #: _____

Amarillo Public Health

Amarillo Area Public Health District
1000 Martin Road, Amarillo, TX 79107
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Criteria B: 7 Day Quarantine with Negative test and 14-day Monitoring

Criteria B:

Quarantine can end after Day 7 if a diagnostic specimen tests (PCR) negative and if no symptoms have been reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

Date of initial quarantine: _____ (the next calendar day is considered day 1)

Date 1: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 2: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 3: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 4: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 5: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 6: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 7: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 8: _____ Return to work/school if asymptomatic all previous days and a negative test (Must continue daily monitoring for symptoms and must be masked at all times for full 14 days)

**Test may be administered on Day 5, but quarantine cannot be discontinued earlier than after day 7. PCR required*

Date 9: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 10: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 11: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 12: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 13: _____ ☐ Asymptomatic _____ Medical Provider initial

Date 14: _____ ☐ Asymptomatic _____ Medical Provider initial

Date of negative test: _____ Testing Facility: _____

I, _____, certify the quarantined individual named above has been

(Healthcare Provider Printed Name)

monitored daily and has been asymptomatic as stated above and has received a negative COVID-19 test result.

Healthcare Provider Signature: _____ Healthcare Provider Phone #: _____

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