



**COUNTY OF POLK**  
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## **Iowa Department of Public Health Changes COVID-19 Quarantine Requirements**

The Iowa Department of Public Health shared with local public health departments and the community changes to Iowa quarantine recommendations based on mask use by individuals exposed to a positive COVID-19 case effective immediately.

The 14-day quarantine will no longer be required for close contacts when face coverings or masks are properly worn by both the person with COVID-19 and their close contact(s) during all possible exposures in public settings (excluding household, residential and healthcare settings).

- Face coverings or masks should meet CDC Guidelines. Gaiters do not meet CDC recommendations for an approved face covering. A 14-day quarantine is still required if face coverings or masks do not have two or more layers or if not worn properly by either the person who has COVID-19 or the person(s) in close contact.
- Individuals exposed while living in the same household or residential facility will continue to be quarantined for 14-days after last exposure to a COVID-19 positive person in the home/facility regardless of the use of face coverings or masks.
- Individuals exposed in a health care setting will continue to be quarantined for 14 days regardless of the use of face coverings or masks; and CDC Guidance will be followed for healthcare workers.
- This guidance change does not apply to individuals wearing face shields when face shields are worn without a face covering or mask. **Quarantine will be required for individuals using gaiters or only face shields.**
- This quarantine guidance change does NOT change isolation requirements for people that are sick and/or test positive for COVID-19. People who are COVID-19-positive to isolate from others until:
  - With symptoms, the person with COVID-19 should isolate for at least 10 days since symptoms started and have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) and other symptoms have improved.
  - Without symptoms, the person with COVID-19 and no symptoms should isolate and stay away from others for at least 10 days have passed since they had a positive COVID test.

The Polk County Health Department would like to emphasize this updated quarantine guidance does not change other COVID-19 mitigation strategies. We continue to encourage Polk County residents to practice the following strategies to prevent COVID-19:

- Wash your hands often. Use hand sanitizer with at least 60% alcohol if you do not have soap and water available.
- Wear face coverings or masks (covering both your nose and mouth) wherever you go.
- Maintain at least 6 feet social distance from others wherever you go.
- If you are in quarantine for COVID-19, stay in quarantine for a full 14 days even if you test negative.
- If you are sick, stay home and avoid others until you feel well.
- If you have COVID-19 and are sick, follow the guidelines from the Centers for Disease Control and Prevention.
- If you have been tested for COVID-19, stay home and avoid others while waiting for a test results.

For additional questions, please call the Polk County Health Department Communicable Disease Team at (515) 286-3890.

*Updated 9/29/2020*