



**MONITEAU COUNTY HEALTH CENTER**  
**401 South Francis Street**  
**California, MO. 65018**  
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**FOR IMMEDIATE RELEASE – December 8<sup>th</sup>, 2020, 3:00 pm**

### **QUARANTINE GUIDELINES**

MONITEAU COUNTY, MO-The local decision is for Moniteau County Health Center to adopt a modified quarantine option as follows: end to quarantine after the completion of 10 full days for ASYMPTOMATIC individuals, provided that monitoring and mask usage continues throughout the full 14 days and, if a symptom develops, the individual immediately isolate and contact local public health or healthcare provider.

Testing availability in our county continues to be a challenge with constraints due to lack of accessibility, testing supplies or test sites. We will continue to reevaluate the situation in the County and make necessary changes. Keep in mind that COVID-19 has an incubation period of up to 14 days; therefore, it is imperative to continue to monitor yourself for signs and symptoms. CDC continues to recommend a quarantine period of 14 days but have provided options to reduce the burden and increase community compliance.

Moniteau County Remains at COVID-19 Category 1 – EXTREME RISK; 28.6% Positivity Rate, 422 case rate per 100k

Department of Health and Senior Services advised local decisions regarding implementation of reduced restrictions occur when the local community is within a County Action Plan Level 3 status or better. Determined risk factors and testing availability should also be considered as a factor that will impact decisions.

NOTE: Communities can move down in risk category after two consecutive weeks of meeting the lower category's criteria. The latest county-level positivity rates and case rates can found at: <https://showmestrong.mo.gov/publichealth-county/>. Data on this link is updated daily.

Category 1 County Action Plan: Extreme Risk

Criteria for county:

- PCR 7-day positivity rate: 15% or above (using CDC method), and
- 7-day case rate per 100k: 350 or above

Category 2 County Action Plan: Critical Risk

Criteria for county:

- PCR 7-day positivity rate: 10-14% (using CDC method), and
- 7-day case rate per 100k: 100-349

#### Category 3 County Action Plan: Serious Risk

##### Criteria for county:

- PCR 7-day positivity rate: 5-9% (using CDC method), and
- 7-day case rate per 100k: 10-99

This new modified quarantine is effective for those entering quarantine on or after December 2, 2020. As this is the date the Centers for Disease Control and Prevention released the options on quarantine.

As a county we urge our citizens to wear a mask at all times in public; maintain social distance of at least 6 feet; wash hands often; stay home when sick; monitor your health daily; and limit your regular interactions to a small group (<10) of family members, friends, and/or co-workers.