



HO-CHUNK NATION

DEPARTMENT OF HEALTH



Media

FOR IMMEDIATE RELEASE

December 4, 2020

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Subject: Quarantine Recommendations for Exposure to COVID-19

The CDC released options to reduce quarantine for contacts of persons with COVID-19 using symptoms monitoring and diagnostic testing. Quarantine is used to separate someone who might have been exposed to COVID-19 and may develop illness from others.

Quarantine for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of COVID-19, as the incubation period for the COVID-19 virus is 2-14 days.

The Ho-Chunk Nation Department of Health will continue to follow the gold standard quarantine measures in an effort to keep our communities safe and healthy. We will continue to do so because we understand that Native Communities are disproportionately affected by the virus. The HCN Department of Health will continue to evaluate the situation and use the best practices based on our capacity in testing, disease investigation, contact tracing, as well as, utilizing our data on percent positive and number of positive cases within our communities to make decisions. If there are any changes in quarantine measures we will update all of our educational materials, guidance materials, and official notification materials. We will also provide the community notice of the change in quarantine measures.

The Department of Health also reminds everyone to stay home if you are feeling ill, only go out of your home for the essentials, when you leave your home wear a mask and stay 6 feet away from others outside of your home, wash your hands frequently, and get your flu shot. Take care of one another.

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