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10-Day Quarantine Implementation in Cass County

CASS COUNTY, MO (March 1, 2021) – Following the Missouri Department of Health and Senior Services' (DHSS) County Action Plan Risk Categorization, Cass County has moved down to Risk Category 3: Serious Risk. The criteria for Serious Risk Category is having a PCR positivity rate between 5-9% for the past 7 days (using CDC method), and the 7-day case rate between 10-99 cases per 100,000 county residents for two consecutive weeks. Once the number of positive COVID-19 cases and positivity rates have dropped to these lower levels, DHSS recommends counties consider reducing restrictions, such as shortened quarantined periods. Due to this, the Cass County Health Department (CCHD) is now allowing a 10-day quarantine period upon exposure to COVID-19 rather than the original 14-day quarantine period.

While the full 14-day quarantine continues to be the gold standard endorsed by the CDC, the purpose of this change is to reduce the burden and make it easier for community members to complete their quarantine, while still maintaining relatively low levels of transmission. The incubation period of COVID-19 after an exposure can be as long as 14 days; however, the post-quarantine transmission risk is estimated to be about 1% to 10% after 10 days.

Individuals in Cass County who are exposed to positive COVID-19 cases will need to quarantine for 10 days after the last day of exposure. For the remaining four days of the regular quarantine period, these individuals should continue to wear a mask, stay 6 feet from others, wash their hands, avoid crowds, and monitor for symptoms. If symptoms start to present, they should immediately self-isolate, contact their healthcare provider or CCHD, and get tested.

CCHD will continue to monitor the situation. If Cass County numbers increase and we return to the DHSS Risk Category 1: Extreme Risk (PCR 7-day positivity rate of 15% or above and 7-day case rate of 350 per 100,000 or above) for two consecutive weeks, CCHD will be returning to the full 14-day quarantine period.

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