



Arkansas Department of Health

4815 West Markham Street • Little Rock, Arkansas 72205-3867 • Telephone (501) 661-2000
Governor Asa Hutchinson
Nathaniel Smith, MD, MPH, Secretary of Health

New
March 26, 2020

Guidance for Community Physicians Instituting Home Quarantine

The Arkansas Department of Health (ADH) is no longer actively monitoring most people who are placed under voluntary quarantine at home due to the increasing numbers of people who have potentially been exposed to the novel coronavirus that causes COVID-19. At this time, this means that we are not tracking people in voluntary quarantine through daily calls or texts, whether returning travelers, contacts to cases that are not health care workers or residents in congregate living situations. However, home quarantine is important for exposed people, so ADH does want exposed people identified by local physicians to be given instructions about how to do self-quarantine and what to do if they develop symptoms. This is something community physicians are well qualified and able to do.

Occasionally, it has been necessary for ADH to place someone under enforced quarantine by issuing an order of quarantine, which is a legal order signed by the Secretary of Health, Dr. Nate Smith. This is only done in cases where people clearly put the public health at risk by not complying with voluntary quarantine and is not something that a community physician can do. If an order of quarantine becomes necessary due to non-compliance, a local physician should contact ADH at the Physicians Hotline (1-844-930-3023) and ask to speak to the Medical Director for Immunization and Outbreak Response or the ADH physician on call to discuss.

Attached is an infographic you can give your patients on how to home quarantine. They can also go to this link on the ADH website:

<https://www.healthy.arkansas.gov/programs-services/topics/covid-19-guidance-for-self-home-quarantine>

The CDC website also has even more in depth advice on quarantine and isolation at home:

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



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