



Updated Isolation & Quarantine Guidance

The CDC has released updated isolation & quarantine guidance for COVID-19. DPH is implementing these updates on 12/29/2021. Please see below for the updated guidance.

Isolation

For those who have tested positive for COVID-19. This applies to everyone who tests positive, regardless of your vaccination status.

- Stay home for at least 5 days.
 - DPH also recommends that you get an antigen test on day 5 if feasible to confirm that you are not highly infectious.
- Notify all close contacts you have been around in the last two days that you have tested positive.
 - A close contact is:
 - Any person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period.
 - Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them or you shared utensils.
- After 5 days, if you have NO symptoms or your symptoms are resolving, you can leave your house wearing a mask. This means that all of the following apply to you:
 - You do not have a fever within 24 hours and are not using any fever-reducing medication. If you have a fever, continue to stay home until your fever resolves.
 - You do not have a runny nose.
 - You have no more than a minimal, non-productive cough (i.e., not disruptive to work and does not stop you from wearing a mask continuously, you are not coughing up phlegm).
- Continue to wear a mask consistently and correctly around others for 5 additional days upon leaving your house.
 - Masks should cover your nose & mouth. Masks should fit snug on your face.
 - Masks should be worn at all times when out & around others. If you must remove your facemask, (e.g. in order to eat or drink), you should separate yourself from others.
 - Consider switching to surgical masks or N95 masks if possible, during this time of high community transmission.
 - Healthcare professionals should wear a respirator or well-fitting surgical facemask even when they are in non-patient care areas such as breakrooms or offices.
 - Limit group gatherings & utilize protective measures like social distancing, good ventilation, masking, & handwashing.
- If you have a weakened immune system or work with severely immunocompromised individuals (e.g., organ transplant recipients, hematology-oncology patients, neonatal ICU patients), check with your employer's occupational health policy before returning to full work duties.
- Individuals should self-monitor for symptoms and seek re-evaluation from occupational health or their personal healthcare provider if symptoms recur or worsen. If your symptoms recur or worsen, stay home & seek medical care.

Quarantine

For those exposed to someone with COVID-19. There are differences based on vaccination status.

If you are unvaccinated **OR** have completed the primary series of J&J vaccine (1 dose) over 2 months ago & have not yet had a booster dose **OR** have completed the primary series of Pfizer or Moderna vaccine (2 doses) over 6 months ago and have not had a booster dose:

- Stay home for 5 days. After that, continue to wear a mask consistently and correctly around others for 5 additional days.
 - Masks should cover your nose & mouth. Masks should fit snug on your face.
 - Masks should be worn at all times when out & around others. If you must remove your facemask, (e.g. in order to eat or drink), you should separate yourself from others.
 - Consider switching to surgical masks or N95 masks if possible, during this time of high community transmission.
 - Healthcare professionals should wear a respirator or well-fitting surgical facemask even when they are in non-patient care areas such as breakrooms or offices.
 - Limit group gatherings & utilize protective measures like social distancing, good ventilation, masking, & handwashing.
 - If you develop symptoms at any time, stay home & get tested.
 - A test on day 5 is recommended if possible. The recommendation is especially true for individuals that are immunocompromised, or work with severely immunocompromised individuals (e.g., transplant, hematology-oncology, neonatal ICU).
 - If you can't quarantine, and are asymptomatic, you must wear a mask consistently and correctly around others for 10 days.
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If you have had a booster dose of any vaccine (Pfizer, Moderna, or J&J) **OR** have completed the primary series of Pfizer or Moderna vaccine (2 doses) within the last 6 months **OR** have completed the primary series of J&J vaccine (1 dose) within the last 2 months:

- If you have no symptoms, you do not have to stay home.
- Continue to wear mask consistently and correctly around others for 10 days.
 - Masks should cover your nose & mouth. Masks should fit snug on your face.
 - Masks should be worn at all times when out & around others. If you must remove your facemask, (e.g. in order to eat or drink), you should separate yourself from others.
 - Consider switching to surgical masks or N95 masks if possible, during this time of high community transmission.
 - Healthcare professionals should wear a respirator or well-fitting surgical facemask even when they are in non-patient care areas such as breakrooms or offices.
 - Limit group gatherings & utilize protective measures like social distancing, good ventilation, masking, & handwashing.
- If you develop symptoms at any time, stay home & get tested.
- A test on day 5 is recommended if possible. The recommendation is especially true for individuals that are immunocompromised, or work with severely immunocompromised individuals (e.g., transplant, hematology-oncology, neonatal ICU).