

Update On Exposure/Isolation/Quarantine Periods for Covid-19

If you Test Positive for COVID-19.

Everyone, regardless of vaccination status.

- Isolate for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you no longer need to isolate.
- Must have a negative test result to return to work.

If you have a fever, continue to stay home until your fever resolves.

If you were exposed to someone with COVID-19 And have received the booster.

- Continue to wear a well-fitting mask around others
- if symptoms develop after exposure, get tested 5 days after you had close contact
- If positive, isolate for 5 days.
- Must have a negative test result to return to work.

If you were exposed to someone with COVID-19 and have not received the booster.

But have received two doses of Pfizer or Moderna vaccine over 6 months ago or Received the J&J vaccine over 2 months ago.

- Quarantine for 5 days after your last contact with the person
- If you develop symptoms get tested immediately and isolate until you receive the results
- If negative – You can return to work
- If test positive isolate for 5 days from date of symptoms
- Must have a negative test result to return to work

If you tested positive for COVID-19 but had no symptoms.

- Isolate for 5 days. Day 1 would be the day you tested positive
- If you continue to test positive after 5 days continue your isolation until day 10
- Must have a negative test result to return to work

Individuals who are not fully vaccinated and have been exposed to someone with Covid-19

- Must quarantine for 10 days after exposure
- Must have a negative test to return to work

CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with weakened immune systems. Consult with your healthcare provider about when you can resume being around other people.

Irrespective of quarantine status, all individuals exposed to COVID-19 must:

- Continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (even if fully vaccinated).
- Immediately self-isolate if any symptoms develop and contact the local public health authority or their health care provider to report this change in clinical status and determine if they should seek testing.

Close Contact

Someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

URL(s):

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

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