

Isolation and Quarantine Guidelines

(Current as of 6/16/2022)

ISOLATE if you test positive for COVID-19 (or if you have symptoms of COVID-19 and are unable to get tested)

5-DAY ISOLATION:

- Stay home and away from others for a minimum of 5 days after your symptoms started. (*Day 0 = date symptoms started*).
- If you never had symptoms, stay home and away from others for a minimum of 5 days from the date you were tested. (*Day 0 = date specimen was collected*).
- If symptoms develop after the date you were tested, the date symptoms started becomes your new Day 0.
- If all of your symptoms are improving and you have not had a fever for at least 24 hours without the use of fever-reducing medication, or if you never had symptoms, you may leave your home on Day 6.
- Avoid travel and being around people who are at high risk through Day 10.
- **Wear a well-fitting mask around others through Day 10.**

10-DAY ISOLATION:

- If you are unable to wear a mask consistently, isolate at home for a minimum of 10 days.
- If you are moderately or severely ill with COVID-19 (*such as shortness of breath or pain with breathing*), isolate at home for a minimum of 10 days. Consult your doctor before ending isolation.

QUARANTINE if you were exposed to someone with COVID-19

IF, ON THE DATE OF YOUR EXPOSURE* (DAY 0):

- You were unvaccinated, **OR**
- You were not up to date with COVID-19 vaccinations, specifically:
 - You had not completed your primary series of COVID-19 vaccinations (*either 2 doses of Pfizer or Moderna or 1 dose of J & J, and additional recommended primary doses if immune-compromised*), **OR**
 - It had been less than 14 days since you completed your primary series, **OR**
 - You had completed your primary series of COVID-19 vaccinations and were eligible for a booster (or a second booster) but had not received a booster (or a second booster).

YOU SHOULD:

- Stay home and away from others for a minimum of 5 days, **AND**
- **Wear a well-fitting mask around others through Day 10, AND**
- Monitor yourself for symptoms through Day 10, **AND**
- Get tested:
 - If you develop symptoms, isolate yourself immediately and get tested.
 - Even if you don't develop symptoms, get tested on Day 5 or later, if possible.
- Avoid travel and being around people who are at high risk through Day 10

YOU DO NOT NEED TO QUARANTINE IF, ON THE DATE OF YOUR EXPOSURE:

- You were up to date with COVID-19 vaccinations, specifically:
 - You had received all doses in the primary series and all recommended boosters when eligible, including second boosters if 50 or older or if ages 12-49 and immunocompromised **OR**
 - You had completed your primary series of Pfizer or Moderna COVID-19 vaccinations within the past 5 months and at least 14 days prior to exposure, **OR**
 - You had received your primary dose of J & J COVID-19 vaccination within the past 2 months and at least 14 days prior to exposure, **OR**
- You had recovered from a diagnosed case (had a positive test result) of COVID-19 within the last 90 days.

IF YOU HAD AN EXPOSURE BUT DO NOT NEED TO QUARANTINE (*based on the criteria above*), YOU SHOULD:

- **Wear a well-fitting mask around others through Day 10, AND**
- Monitor yourself for symptoms through Day 10, **AND**
- Get tested:
 - If you develop symptoms, isolate yourself immediately and get tested.
 - Even if you don't develop symptoms, get tested on Day 5 or later, if possible.
- Avoid travel and being around people who are at high risk through Day 10

***Household contact of a case:** If unable to maintain separation, the last day of exposure (Day 0 of quarantine) is the last day the case patient is in isolation (which is at least Day 5 if the case patient is able to mask consistently or at least Day 10 if the case patient is unable to mask consistently).