

# COVID-19 guidance

## ISOLATION AND QUARANTINE Guidance

Updated by CDC on 1/10/2022

### IF/WHEN YOU TEST POSITIVE FOR COVID-19

**Yes, Isolate!**

**Everyone, regardless of vaccination status:**

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.



### IF/WHEN YOU ARE EXPOSED TO SOMEONE WITH COVID-19

**NO quarantine if you have:**

- Been boosted.
- Completed the primary series of Pfizer or Moderna within the last 5 months, or J&J vaccine within the last 2 months.
- Had COVID-19 within the last 90 days.

**What should you do if exempt from quarantine:**

- Watch for symptoms: 10 days
- If symptoms develop: get a test and stay home.
- Take precautions: wear a mask for 10 days, avoid travel, avoid being around high-risk people.
- Test on Day 5.

**YES quarantine if you have:**

- Completed your primary series of Pfizer or Moderna vaccine over 5 months ago, or J&J over 2 months ago.
- Not been boosted.
- Not been vaccinated.

**What should you do if you must quarantine:**

- Stay home: for at least 5 days.
- Watch for symptoms: 10 days.
- If symptoms develop: get a test and stay home.
- Take precautions: wear a mask for 10 days, avoid travel, avoid being around high-risk people.
- Test on Day 5.

**Shorter isolation/quarantine recommendations do not apply to the following:**

- Children under the age of 2 or other individuals who cannot wear masks.
- People with moderate to severe illness.
- People who are immunocompromised.
- Health care and congregate settings.