

Isolation and Quarantine

CDC has updated [isolation and quarantine recommendations](#) for the public. These recommendations do not apply to [healthcare personnel](#) and do not supersede state, local, tribal, or territorial laws, rules, and regulations.

Isolation – You have a positive test for COVID

- Everyone isolates, regardless of vaccine status.
- Anyone around someone who was positive for COVID within 48 hrs of prior to the onset of their symptoms or positive test needs to know they had an exposure and act accordingly.
- If you are Asymptomatic:
 - Isolate for 5 days from the + COVID test, day 0 being the day the test was +.
 - Wear a well-fitting mask ANYTIME you are around anyone, in the home or in public for another 5 days.
 - You are still contagious for 10 days total.
 - If you cannot wear a well-fitting mask, stay home for 10 days total.
 - You should not be in a situation where you are not wearing a well-fitting mask and around others at all (no eating around others – in public, or at home...)
- Symptomatic:
 - If at any point during your 10-day time frame you are symptomatic or become symptomatic, that **RESTARTS** your 5 days of isolation clock, with day 0 being your first day of symptoms. You then isolate for those 5 days of symptoms.
 - If you are fever free for 24 hrs and feeling better after completing 5 days of isolation, then wear your well-fitting mask for another 5 days. Once again, ANYTIME you are around anyone, in the home or in public, for another 5 days.
 - You are still contagious for 10 days total.
 - If you cannot wear a well-fitting mask, stay home for 10 days total.
 - You should not be in a situation where you are not wearing a well-fitting mask and around others at all (no eating around others – in public, or at home...)

Quarantine – You have been exposed to COVID

- This is for people who are:
 - Unvaccinated
 - People who are 18 yrs and older who are more than 6 months out from their 2nd mRNA COVID shot (Pfizer or Moderna).
 - People who are 18 yrs and older who are more than 2 months out from their 1st J&J.
- ASYMPTOMATIC
 - Stay home and away from other people for at least 5 days (day 0 through day 5) after their last close contact with a person who has COVID-19. The date of exposure is considered day 0.
 - Wear a well-fitting mask when around others at home, if possible.
 - Get tested at least 5 days after they last had close contact with someone with COVID-19.
 - If they test negative, they can leave home, but continue to wear a well-fitting mask when around others at home and in public until 10 days after their last close contact with someone with COVID-19.
 - If they test positive, follow recommendations in the isolation section.
 - If they are unable to get a test 5 days after their last close contact with someone with COVID-19, they can leave their home after day 5 if they have been without COVID-19 symptoms throughout the 5-day period. Wear a well-fitting mask for 10 days after the date of last close contact when around others at home and in public.
 - Avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.
 - You are still at risk of developing symptoms, and transmitting COVID to others during this 10-day time frame.
- If ANY symptoms develop, get tested immediately and isolate until they receive their test results. If they test positive, follow isolation recommendations.

DON'T need to Quarantine after COVID exposure

- People who are ages 18 and older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
 - People who are ages 5–17 years and completed the primary series of COVID-19 vaccines.
 - People who had confirmed COVID-19 within the last 90 days (tested positive using a viral test).
 - Wear a well-fitting mask around others for 10 days from the date of their last close contact with someone with COVID-19 (the date of last close contact is considered day 0).
 - Get tested at least 5 days after their last close contact with someone with COVID-19, unless they had confirmed COVID-19 in the last 90 days and subsequently recovered.
 - Monitor for symptoms for 10 days after their last exposure to someone with COVID-19.
 - If you develop symptoms or test positive – isolate and follow those recommendations.
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-quarantine.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-isolation.html>
- <https://www.isbe.net/Documents/IDPH-CDC-Update-Schools.pdf>

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