**New COVID-19 Isolation and Quarantine Guidelines**

*Guidance based on New CDC/DHS recommendations released on December 27, 2021*

PLEASE NOTE: Healthcare and detention facilities have a separate set of guidance (which more closely aligns with the previous COVID Isolation/Quarantine standards.)

**IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION)**

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| **EVERYONE, regardless of vaccination status, must:** |
| * Isolate, or stay at home for 10 days.  The clock starts the day your symptoms developed, or the day you were tested if you are asymptomatic.  (The date of symptom onset or testing is considered “day zero”). * After 5 days, if symptoms are resolving and you have not had a fever for at least 24 hours (without the use of fever-reducing medication), you may resume normal activities ONLY IF you are able to wear a well-fitting mask in home and public settings. * If your symptoms have NOT improved after 5 days, continue to isolate until you meet the conditions listed above. |

**IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARATINE)**

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| **If:** |  | **If:** |
| You received your booster vaccine.  **OR**  You completed the primary series of Pfizer or Moderna vaccine within the last 6 months.  **OR**  You completed the primary series of J&J vaccine within the past 2 months. |  | You completed the primary series of Pfizer or Moderna vaccine over 6 months ago and have not received your booster vaccine.  **OR**  Completed the primary series of J&J vaccine over 2 months ago and have not received your booster vaccine.  **OR**  Are unvaccinated. |
| **Then:** |  | **Then:** |
| * You do not have to quarantine IF a mask is worn in all public settings for 10 days. * COVID-19 testing is recommended on day 5. * If you develop symptoms consistent with COVID, get a test and stay home (isolate). |  | * Stay home and quarantine for 10 days.  The clock starts on the last day you were exposed to the virus.  (The last day of exposure is considered “day zero.”) * If after 5 days, you do not have symptoms of COVID, you may resume normal activities ONLY IF you are able to wear a well-fitting mask in home and public settings. * COVID-19 testing is recommended on day 5. * If you develop symptoms consistent with COVID, get a test and stay home (isolate). |