

COVID-19 Isolation and Quarantine Guidance



If you test positive for COVID-19, regardless of vaccination status - Isolate

If you have COVID-19 symptoms, stay home until:

- 5 days have passed since symptoms first appeared, **AND**
- Symptoms are improving, **AND**
- If fever is present, continue to stay home until 24 hours has passed since fever has resolved without the use of fever-reducing medications

If you never have COVID-19 symptoms, stay home until:

- 5 days have passed since the date of your COVID-19 test was collected, **AND**
- No COVID-19 symptoms have developed since you were tested.

If symptoms develop, it is recommended you follow the criteria for someone with COVID-19 symptoms.

Once you have met the above criteria, you are considered released from isolation and can resume normal activities, but it is recommended that you wear a mask for an additional 5 days when around other people.

If you were exposed to someone with COVID-19 – Quarantine

If you have been in close contact with someone diagnosed with COVID-19 and are not having any symptoms, it is recommended to choose one of the following actions based on your vaccination status.

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms get tested and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- It is recommended you stay home for 5 days from your last date of exposure. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine, it is recommended that you wear a mask for 10 days from your last date of exposure.
- Test on day 5 from your exposure, if possible.

If you develop symptoms get a test and stay home.

Calculating your Isolation or Quarantine start and end date

- Day your symptoms started (day zero)
- Day you tested (day zero)
- If you tested, without symptoms, and are awaiting a result and now have an onset of symptoms, your day zero will now be the day your symptoms started
- Last day of exposure (day zero)

Refer to the CDC recommendations available [here](#).

Updated 12.29.21