

## CDC Guideline Summary - January 4 2022

**Quarantine** = you have been exposed to COVID but are unsure if you are infected.

Quarantining is NOT needed for:

Adults who have completed all vacc + booster;

Children 5-17 years who have the primary series of vacc (2 Moderna or Pfizer within 6 months, or 1 J&J within 2 months);

Persons who have had confirmed COVID within the prior 90 days;

Persons in these three categories may wear a mask (N95 or equivalent) for 10 days;

Persons in these three categories should get a COVID test after five days.

**Isolate** = you have been infected, with or without symptoms

Persons who are infected need to isolate, regardless of vaccination status.

Isolate within the home as much as possible with minimal to zero contact with others.

Five days isolation IF no fever persists and other symptoms are improving.

NOTE: First day of symptoms is "Day 0", not "Day 1".

*This includes if you develop symptoms even after the positive test, this now becomes the new Day 0.*

Five additional days with masking (N95 or equivalent).

Avoid any places where you are unable to be masked (restaurants, gyms, etc.)

Do not travel during the 10-day period.

**Testing** is not required but is recommended.

At-home antigen testing may be done on Day 5.

Only test if you are fever-free for 24 hours and other symptoms are improving.

*NOTE: Loss of taste or smell may linger for several weeks and need not delay ending the Isolation period.*

**Close Contact** = less than six feet away from an infected person (confirmed infection, not suspected) for more than 15 total minutes over a 24-hour period.

Additional information for those who were severely ill or are immunocompromised:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>