

CDC Isolation and Quarantine Guidelines for COVID-19 – 1/4/22 Update

ISOLATION:

Everyone who has a positive test, 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 unable to wear a mask when around others, you should continue to isolate for a full 10 days.
If you have a fever, continue to stay home until your fever resolves.

If you have:

- Severe illness or symptoms are not improving by day 5
- OR immunocompromised status
- OR positive rapid antigen test on days 5-10.

Then:

- Continue to isolate for a total of 10 days

IF EXPOSED TO COVID-19 AND ASYMPTOMATIC:

If you:

- Have been boosted with approved COVID-19 vaccine
- 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
- OR been diagnosed with COVID-19 within the last 90 days

Then:

- No quarantine is needed.
- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If symptoms develop, get a test and stay home

If you have:

- 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 have not been vaccinated or have not completed the primary vaccination series

Then:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you cannot quarantine, you must wear a mask for 10 days.
- Test on day 5 if possible.
- If symptoms develop, get a test and stay home