COVID-19 Isolation & Quarantine Guidance

**Isolation**
- Options for Individuals Who Test Positive for COVID-19
  - Conduct daily symptom monitoring and wear a mask around others for **10 days**

**Quarantine**
- Options for Individuals Exposed to Someone with COVID-19
  - Conduct daily symptom monitoring and wear a mask around others for **10 days**

**Calculating Quarantine Time**

**Non-Household Contacts**
Quarantine is calculated from date of last contact with case (up to 48 hours before case’s symptom onset or test collection date). When determining return date, the last date of exposure is considered day “0.”

**Household Contacts**
Quarantine time is calculated in addition to the date the positive household member is released from isolation.

For example, if a positive household member is released from isolation after 5 days, the quarantine timeframe for all exposed household contacts would include those 5 days plus the quarantine period.

**Isolation Options For Individuals Who Test Positive For COVID-19**
- **Asymptomatic**
  - Isolate at home for **5 days**
- **Symptomatic**
  - Isolate at home until at least **5 days** have passed AND you have no symptoms OR symptoms are resolving

**Currently Vaccinated**
- Quarantine Not Required

**Unvaccinated or Not Recently Vaccinated**
- If quarantine possible, quarantine for **5 days**
- If quarantine not possible, wear a mask for **10 days**

If possible, test on day 5 and/or if symptoms develop. If positive, follow isolation guidance.

**Currently Vaccinated Persons**
- Have received a booster OR
- Completed Pfizer or Moderna vaccination within the last 6 months OR the J&J vaccine within the last 2 months

**Not Recently Vaccinated Persons**
- Are unvaccinated OR
- Are not boosted and completed Pfizer or Moderna vaccination over 6 months ago or received the J&J vaccine over 2 months ago

References: