



# New CDC Quarantine and Isolation Guidelines

*The following is attributable to CDC Director, Dr. Rochelle Walensky:*

*“The Omicron variant is spreading quickly and has the potential to impact all facets of our society. CDC’s updated recommendations for isolation and quarantine balance what we know about the spread of the virus and the protection provided by vaccination and booster doses. These updates ensure people can safely continue their daily lives. Prevention is our best option: get vaccinated, get boosted, wear a mask in public indoor settings in areas of substantial and high community transmission, and take a test before you gather.”*

The CDC has updated and shortened the recommended Isolation and Quarantine Period for General Population. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

## If You Test Positive for COVID-19 (Isolate)

Everyone, 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 you have a fever, continue to stay home until your fever resolves.*

## If You Were Exposed to Someone with COVID-19 (Quarantine)

**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.
- Test on day 5, if possible.

*If you develop symptoms get a test and stay home.*

**If you:**

Have Completed the primary series of Pfizer or Moderna over 6 months ago and are no boosted

**OR**

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

**OR**

Are Unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for an additional 5 days
- If you can't quarantine, you must wear a mask for 10 days
- Test on day 5 if possible

*If you develop symptoms get a test and stay home.*