

Jan. 6, 2022

On Dec. 27, 2021, the Centers for Disease Control and Prevention (CDC) [issued a statement](#) with updated recommendations for the length of isolation and quarantine periods for the general population. The updated guidance also updates the definition of close contact requiring at home quarantine to include fully vaccinated individuals who are eligible for a vaccine booster but have not yet received one if eligible. The CDC guidelines are the result of new scientific evidence that most COVID-19 transmission generally occurs one to two days before the onset of symptoms and two to three days after the onset. The Virginia Department of Health (VDH) adopted the CDC's updated recommendations Dec. 29, 2021.

As a result, the County is adopting the updated recommendations. In accordance with decisions by the CDC, VDH, Loudoun County Health Department and [Loudoun County Public Schools](#), the Department of Parks, Recreation and Community Services (PRCS) is adopting the mandatory policy changes outlined below for its program participants of all ages. (Masks are mandatory in all county and LCPS facilities.)

- PRCS Program and affiliated league participants, regardless of vaccination status, who test positive for COVID-19 must isolate for a **minimum of five days** before returning to the program. If the participant was symptomatic at all during the isolation period, symptoms must be improved with no fever for 24 hours (without the use of fever reducing medications) in order for isolation to end and the participant to return to the program. If asymptomatic at the end of Day Five, the participant must continue to wear a properly fitted mask around others for an additional five days. The participant can attend practices or games but may NOT participate at practice or play in a game. PRCS is encouraging these participants to not attend game or practices during days 6-10 out of an abundance of caution.
- Asymptomatic participants who have been identified as a close contact of a known COVID-19 positive individual must quarantine for a **minimum of five days** if unvaccinated **or** if fully vaccinated and it has been more than six months since receipt of the second dose of an mRNA COVID-19 vaccine (two months for Johnson & Johnson vaccine) **and** the participant has not yet received a booster dose, if eligible. If asymptomatic at the end of Day Five, the participant must continue to wear a properly fitted mask around others for an additional five days. The participant can attend practices or games but may NOT participate at practice or play in a game. PRCS is encouraging these participants to not attend game or practices during days 6-10 out of an abundance of caution.
- Asymptomatic participants who 1) are fully vaccinated and are within six months of receiving the second dose of an mRNA COVID-19 vaccine (two months for Johnson & Johnson vaccine); OR 2) are fully vaccinated and outside of six months of receiving the second dose of an mRNA COVID-19 vaccine (two months for Johnson

& Johnson) with a booster dose, if eligible; OR 3) tested positive for COVID-19 within the preceding 90 days of the close contact are eligible to request an exemption to quarantine in order to return to the program after close contact with a COVID-19 positive individual.

Participants ages 12-17, will be granted a grace period until February 5, 2022, to receive their booster shots. Currently, the CDC does not recommend a booster dose in children ages 5–11 years. On February 5, 2022, participants will be considered for an exemption if they are within five months of receiving their full series of shots as well as their booster does instead of six months due to the change in CDC guidance.

A participant is eligible for the exemption if they have received their booster prior to the close contact. Example: Participant received booster on January 5, 2022, and has a close contact on January 7, 2022, they are eligible to request the exemption if they remain asymptomatic.

These guidelines are subject to change based on updated guidance from the CDC, VDH or LCPS.

PRCS reminds anyone who is eligible to make a vaccination appointment. The County is continuing to host [vaccination and testing clinics](#).