

# New COVID-19 Isolation & Quarantine Guidelines

Guidance based on new CDC recommendations

PLEASE NOTE: Healthcare personnel will follow separate guidelines

## IF YOU TEST POSITIVE FOR COVID-19 (ISOLATION)

Everyone, regardless of vaccination status must:

- **Isolate for 5 days, whether you have symptoms or not.** The 5 day clock starts the day your symptoms developed or your test date if you do not have symptoms (symptom onset date/test date is day 0).
- After 5 days, if symptoms are resolving, you can return to normal activities but **must continue to wear a mask in all settings** (home/in public) for another 5 days.
- If your symptoms have not improved after the 5 days, continue to isolate until you feel better.

## IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (QUARANTINE)

If you received your booster vaccine

OR

You completed the primary series of Pfizer or Moderna vaccine within the last 5 months

OR

You completed the primary series of Johnson & Johnson vaccine within the past 2 months

- You can skip quarantine **if a mask is worn in all settings** (home/in public) for at least 10 days.
- Test on day 5 if possible.
- If you develop symptoms, get a test and stay home.

If you completed the primary series of Pfizer or Moderna vaccine over 5 months ago and have not received your booster vaccine

OR

Completed the primary series of Johnson & Johnson over 2 months ago and have not received your booster vaccine

OR

Are unvaccinated

- Stay home and quarantine for 5 days. The 5 day clock starts the last day you were exposed to the virus (last day of exposure is day 0).
- After day 5, **continue to wear a mask in all settings** (home/in public) for 5 additional days.
- Test on day 5 if possible.
- If you develop symptoms, get a test and stay home.



ONEIDA

UPDATED 1/18/22