

New CDC COVID Protocols_January 2022

A brief summary of the new CDC protocols are listed below:

Isolation: Anyone who tests positive for COVID-19, everyone (regardless of vaccination status) must:

Isolate at home for 5 days from the date symptoms first appeared or, if asymptomatic, the date of the positive test. Stay away from others in the household as much as possible during isolation.

After 5 days, if you have no symptoms or your symptoms are resolving and you have not had fever for more than 24 hours without the use of fever-reducing medication, you may end isolation. If symptoms are not improving or fever has not resolved, you should continue isolating until these criteria are met.

After ending isolation, you should continue to wear a mask around others for 5 days.

Quarantine: If you have been exposed to someone with COVID-19 and you are Boosted, or have become fully vaccinated within the last 6 months (Moderna or Pfizer vaccine) or within the last 2 months (J&J vaccine):

You do not need to quarantine at home.

You should wear a mask around others for 10 days.

If possible, get tested on day 5.

If you develop symptoms, get tested and isolate at home until test results are received, then proceed in accordance with the test results.

Unvaccinated, or became fully vaccinated more than 6 months ago (Moderna or Pfizer vaccine) or more than 2 months ago (J&J vaccine) and have not received a booster:

You must quarantine at home for 5 days. After that, continue to wear a mask around others for 5 additional days.

If possible, get tested on day 5.

If you develop symptoms, get tested and isolate at home until test results are received, then proceed in accordance with the test results.