

Criteria for Decision to Recommend Isolation/Quarantine for COVID-19 Exposure or Symptoms for Patients Following the CDC's Latest Recommendations for the Community

Approved: Steven Esrick MD, Medical Director

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Important Considerations:

- COVID-19 exposure is defined as close contact (within 6 feet) of 15 minutes or more with someone with known COVID-19 positivity (examples of close contact include being hugged or kissed by someone positive, or coughed on or sneezed on by someone who is COVID-19 positive).
- Continue to promote the importance of being up to date with COVID-19 vaccination including booster doses to protect people against serious illness, hospitalization, and death.

COVID-19 symptoms include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Isolation/Quarantine For:	Isolation/Quarantine Time Period and Instructions
Positive COVID-19 <i>EVERYONE REGARDLESS OF VACCINATION STATUS</i>	<ul style="list-style-type: none"> ▪ Isolate for 5 days. ▪ Most likely infectious during these first 5 days. ▪ Wear a high-quality mask when you must be around others at home and in public. ▪ If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5, may leave your home ▪ If you have a fever continue to stay home until fever resolves ▪ Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11. ▪ You should wear a high-quality mask through day 10. ▪ Those with moderate illness (experienced shortness of breath or had difficulty breathing) or severe illness (hospitalized) due to COVID-19 or have a weakened immune system, isolate through day 10. ▪ In addition, the CDC recommends for those with severe illness or weakened immune system, consult a provider before ending isolation. Ending isolation without a viral test may not be an option. ▪ After ending isolation, if COVID-19 symptoms worsen, restart isolation at day 0.
Exposed to COVID-19 <i>EVERYONE REGARDLESS OF VACCINATION STATUS</i>	<ul style="list-style-type: none"> ▪ No isolation/quarantine. ▪ May work, attend school. ▪ Wear a high-quality mask for 10 days ▪ Get a COVID-19 PCR test, optimal on day 5 if possible. ▪ If you develop symptoms get a test and stay home. <p><i>COVID-19 Test Results:</i></p> <ul style="list-style-type: none"> ▪ If your results are positive, follow CDC's full isolation recommendations (see above) ▪ If your results are negative, you can end your isolation.