

# ISOLATION GUIDANCE FOR CASES

## MILD to MODERATE CASES

*Requiring little to no hospitalization*

### Able to wear a well-fitting mask

- Isolate at home for a minimum of 5 days after onset of symptoms, or sample collection if asymptomatic, and can be released after fever-free (without fever-reducing medication) for at least 24 hours and improvement in other symptoms, whichever is longer.
- Must wear a well-fitting mask around others for an additional 5 days after release from isolation (day 6 – 10).



### Not able to wear a well-fitting mask

- Isolate at home for a minimum of 10 days after onset of symptoms, or sample collection if asymptomatic, and can be released after fever-free (without fever-reducing medication) for at least 24 hours and improvement in other symptoms, whichever is longer.



#### Notes:

- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If an individual tests after 5 days of home isolation, an antigen test is preferred. If the test result is positive, isolate at home for a full 10 days.
- If a follow-up PCR or antigen test is positive after 10 days of home isolation, cases do not need to re-enter isolation as long as they have completed the 10-day isolation and had symptom improvement for a minimum of 24 hours.

## SEVERE CASES

*Requiring ICU care or are severely immunocompromised*

- Isolate at home for 10 to 20 days after onset of symptoms and can be released after fever-free (without fever-reducing medication) for at least 24 hours and improvement in other symptoms, whichever is longer. Consult physician before ending isolation.



### Notes:

- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If a follow-up PCR or antigen test is positive after the 10 to 20 days of home isolation, cases do not need to re-enter isolation as long as they have completed the 10-day isolation and had symptom improvement for a minimum of 24 hours.

# QUARANTINE OF CONTACTS

## WHO NEEDS TO QUARANTINE?

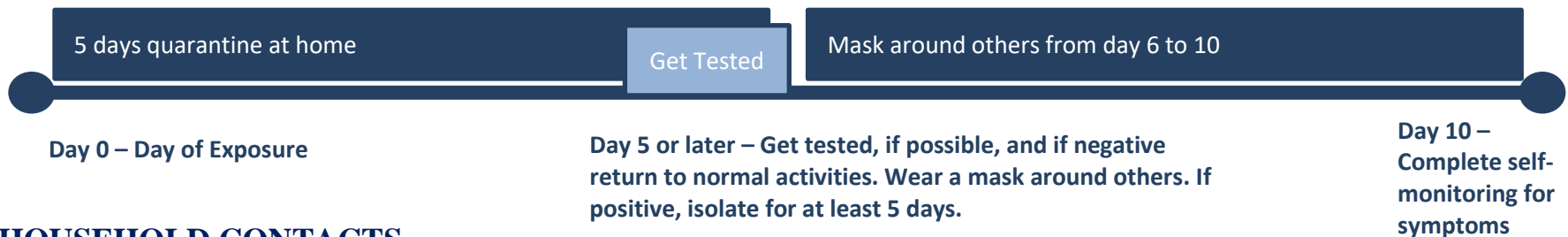
Close contacts should quarantine if they meet any of the following:

- Persons who received two doses of a mRNA COVID-19 vaccine (Pfizer-BioNTech or Moderna) over 5 months ago but have not received a recommended booster shot when eligible.
- Persons who received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot when eligible.
- Those who are not vaccinated or have not completed a primary vaccine series AND do not have evidence of recent infection in the last 90 days.

## NON-HOUSEHOLD CONTACTS

### Able to wear a well-fitting mask

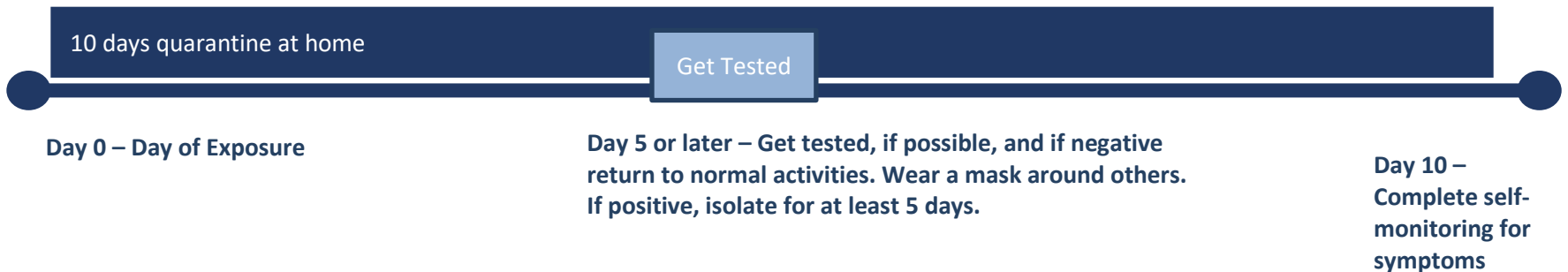
- Contacts should quarantine at home for 5 days and get tested on day 5 or later. After that, they should self-monitor for symptoms and continue to wear a mask around others for 5 additional days. If symptoms develop, they must isolate and get tested.



## NON-HOUSEHOLD CONTACTS

### Not able to wear a well-fitting mask

- Contacts should quarantine at home for 10 days and get tested on day 5 or later. If symptoms develop, they must isolate and get tested.



## HOUSEHOLD CONTACTS

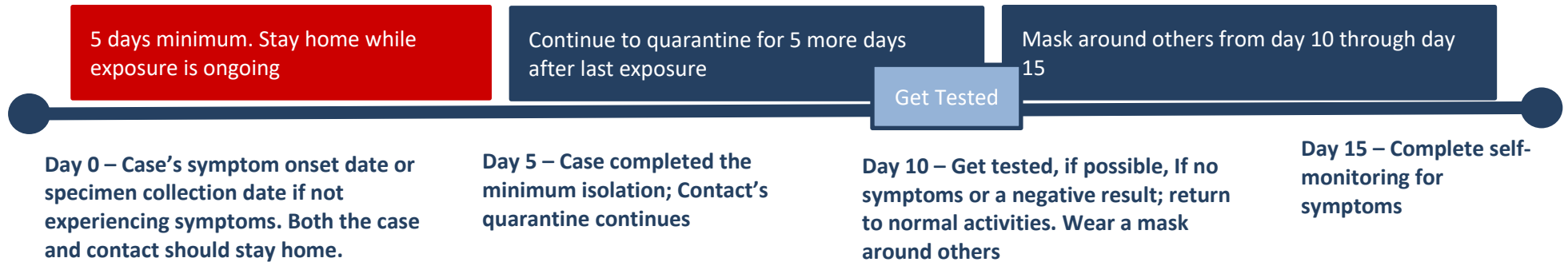
### Able to wear a well-fitting mask

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

Quarantine start: Household contacts should quarantine as long as they are exposed to the case plus a 5-day period beyond their last exposure.

- If the contact can separate from the case within the home, then they are no longer considered exposed and can follow the guidance for a **non-household contact**. To separate, the case 1) should never be in the same room as household members 2) should not share plates, cups, dishes, or phones with household members 3) should have their own bathroom and bedroom.

Quarantine end: The at-home quarantine can end after Day 10. The contact must monitor for symptoms and wear a mask for 5 additional days.



## HOUSEHOLD CONTACTS

### Not able to wear a well-fitting mask

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc.

Quarantine start: Household contacts should quarantine as long as they are exposed to the case, and for a 5-day period beyond their last exposure.

- If the contact can separate from the case within the home, then they are no longer considered exposed and can follow the guidance for a non-household contact. To separate, the case 1) should never be in the same room as household members 2) should not share plates, cups, dishes, or phones with household members 3) should have their own bathroom and bedroom.
- If the contact cannot separate from the case within the home, the contact should quarantine for the case's (minimum) 5-day isolation period plus an additional 10 days.

Quarantine end: The at-home quarantine can end after at least Day 15.

