

Isolation Guidance for COVID-19 Cases

COVID-19 Positive Cases:

- **New state and local guidance provides that one must isolate for a minimum of 5 days after onset and may be released after they are without fever for 24 hours** (without fever-reducing medication) **and show improvement in symptoms.**
- Cases without symptoms should isolate through 5 days after their specimen collection date. Regardless of symptoms, cases should wear a mask when around others for 10 days following onset/specimen collection.

Minimum 5 days of isolation at home	24 hours	Continue masking around others for add'l 5 days
DAY 0 – Symptom onset date or specimen collection date if not experiencing symptoms	WITHOUT FEVER FOR 24 HRs AND SYMPTOM IMPROVEMENT	DAY 6 – released from isolation; return to regular activities while masked
		DAY 10

Notes:

- Some severely ill patients may need to isolate for a longer time period.
- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.

Guidance for those in Close Contact with COVID-19 cases:

Close Contacts (Boosted or Recently Vaccinated):

Do not have to quarantine if they have remained asymptomatic since exposure to COVID-19 and:

- Received a booster dose of vaccine **OR**
- Completed a primary series of Pfizer or Moderna vaccine **in the last 6 months** (Must be ≥ 2 weeks following receipt of the second dose) **OR**
- Completed a primary J&J vaccine series **in the last 2 months** (Must be ≥ 2 weeks following receipt of single dose).
- Close contacts should **get tested 5 days after their exposure**, even if they are asymptomatic, and
- **should wear a mask indoors in public for 10 days following exposure** or until test results are negative.
- **If they test positive, they must isolate.**

Close Contacts (Non-boosted or Unvaccinated):

Should quarantine after exposure to a COVID-19 case if they:

- Are unvaccinated **OR**
- Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted **OR**
- Completed the primary series of J&J over 2 months ago and are not boosted

If symptoms develop, close contacts must isolate and be tested for COVID-19. Close contacts should quarantine regardless of whether the case was symptomatic. **Exposure includes contact with a case**

during the time period beginning two days prior to case's symptom onset (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.

Close Contacts (Non-boosted or unvaccinated)

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

5 days quarantine at home	5 days masking while around others	
DAY 0 – Contact begins quarantine	DAY 5 – Get tested. If w/o symptoms or negative result, return to normal activities. Wear a mask when around others.	DAY 10 Complete self-monitoring for symptoms.