

## RELEASE FROM IN-HOME ISOLATION & QUARANTINE GUIDANCE

### ISOLATION: COVID Cases

**Symptoms-based/Time-based Recovery** - defined as when a confirmed COVID case meets the CDC criteria for release from in-home isolation. If someone tests positive and does not develop any symptoms (asymptomatic), then use the positive test date as a proxy for symptom onset (Day 0).

Must satisfy the following conditions:

- At least 5 days have passed since first symptoms appeared or positive test (if asymptomatic); **and**
- At least 1 day (24 hours) have passed since resolution of fever without the use of fever-reducing medications; **and**,
- No vomiting or diarrhea; **and**,
- Other symptoms are improving; **and**,
- **If around others after day 5, must wear a mask for days 6 through 10; OR,**
- **Continue isolation until the above conditions have been met.**
- If you got very sick from COVID-19 or have a weakened immune system:
  - You should isolate for at least 10 days; **and**,
  - Consult your doctor before ending isolation.
- Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.

## QUARANTINE: For Contacts to COVID Cases, Exposed Persons

Vaccination Status	Quarantine Instructions
Have you completed the primary series of an mRNA vaccine (Moderna OR Pfizer) within the past 5 months?	<p><b>If YES.</b></p> <ul style="list-style-type: none"> <li>No quarantine necessary.</li> <li>Test on or after day 5.</li> <li>Wear a well-fitting mask around others and take precautions for 10 full days since last day exposed.</li> <li>Avoid being around others who are high risk.</li> </ul> <p>If you develop symptoms, get tested and <b>stay at home.</b></p>
Have you completed the primary series of J&J within the past 2 months?	
If between ages of 5-49 years, have you been boosted?	
If age 50 years and older, have you received your 2nd booster dose?	
Have you had confirmed COVID-19 within the past 90 days (you tested positive using a viral/molecular test)?	
Age 5-49 years and completed the primary series of an mRNA vaccine over 5 months ago and are NOT boosted.	<p><b>If YES.</b></p> <ul style="list-style-type: none"> <li><b>Stay home for 5 days.</b></li> <li><b>Do not travel.</b></li> <li><b>Test on or after day 5.</b></li> <li>Wear a well-fitting mask if you must be around others for 10 full days, whether inside your home or in public.</li> <li>Avoid being around others who are high risk.</li> </ul> <p>If you develop symptoms, get tested and <b>stay at home.</b></p>
Age 5-49 years and completed the primary series of J&J over 2 months ago and are NOT boosted.	
Age 50 years and older and received first booster over 4 months ago and have NOT received second booster dose.	
Are unvaccinated.	