

CDC updates: A Summary of COVID-19 Safety Changes

As COVID-19 and the Omicron variant continues to plague our communities, the CDC has shortened the recommendation time for isolation and quarantine period for the general public. The purpose of this document is to summarize the recent safety changes related to COVID-19 isolation and quarantine.

Did you know the difference between “isolation” and “quarantine”?

ISOLATION mean you have confirmed COVID-19 (Tested Positive)

QUARANTINE mean you have been exposed to the virus or came in close contact with someone known to have COVID-19 (Tested Negative)

People WITH COVID-19 (You’ve TESTED POSITIVE)

- People with COVID-19 should ISOLATE (**STAY HOME**) for 5 days (EVEN IF YOU ARE NOT HAVING SYMPTOMS)
- After the 5-day ISOLATION, Wear a MASK for 5 days when around others

These changes are supported by science observing that the majority of SARS-CoV-2 (COVID) transmission occurs EARLY in the course of being sick. The research indicates this is generally in 1-2 days PRIOR to any symptoms being felt and 2-3 days AFTER symptoms are completely resolved.

People EXPOSED to COVID-19 (You’ve TESTED NEGATIVE)

Many are asking “what if I get exposed and I’ve been fully vaccinated?”. The CDC has updated the recommended quarantine period for anyone in the general public who is exposed to COVID-19 to:

- Quarantine for 5-days
- Follow STRICT MASKING for an additional 5-days.
- IF a 5-day quarantine is not doable,
 - WEAR A WELL-FITTING MASK at ALL times around others for 10-days after exposure

I GOT MY BOOSTER SHOT!

- You DO NOT need to quarantine following an exposure
- Wear a mask for 10-days after the exposure

To calculate your isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after your positive test. If you develop symptoms after testing positive, your isolation period must start over. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

**FOR EVERYONE’S HEALTH AND SAFETY
WEAR A MASK WHILE INDOORS (public places)**

Source as of 1/3/22:

<https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>