



CDC Changes COVID-19 Guidance

PHCC Summary Developed Jan. 4, 2022

On Dec. 27, 2021, the U.S. Center for Disease Control and Prevention (CDC) updated [guidance regarding isolation and quarantine requirements](#) for COVID-19. The new framework shortens the timeline but adds some complexity to the process. If symptoms occur, the guidelines state individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19. PHCC has developed the table below to help illustrate the updated guidelines and will provide any updates as they occur.

Those with:	Who:	Should:
Positive COVID-19 test	Are asymptomatic	Isolate for 5 days after testing positive and wear a mask for 5 additional days
Positive COVID-19 test	Are symptomatic	Isolate for 5 days (longer if symptoms persist) and once symptoms are resolving, (24 hours with no fever) wear a mask for 5 additional days
Exposure to COVID-19	Are unvaccinated	Quarantine for 5 days followed by strict mask use for an additional 5 days *
Exposure to COVID-19	Are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted	Quarantine for 5 days followed by strict mask use for an additional 5 days *
		*If a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure
Exposure to COVID-19	Have received their booster shot	Do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure
All those exposed		Best practice would include a test for SARS-CoV-2 at day 5 after exposure (may be added as a CDC requirement).