

Recent Updates

12/29/21 – Included new isolation and quarantine timelines to reflect updated CDC recommendations.

Isolation Guidance for Cases

Cases

New CDC 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.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the 5-day isolation and had symptom resolution for a minimum of 24 hours.

Quarantine Guidance for Close Contacts

Boosted or Recently Vaccinated Close Contacts

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).

NON-HOUSEHOLD CONTACT (Boosted or Recently Vaccinated)

Non-household 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.

HOUSEHOLD CONTACT (Boosted or Recently Vaccinated)

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

- If the contact can separate from the case within the home, then they can follow the non-household guidance. 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 (or conduct daily bathroom cleaning).
- If the contact cannot separate from the case in the home, they should get tested 5 days after initial exposure to the case and again 5 days after the end of the case's isolation. The contact should wear a mask indoors in public for 10 days following last exposure or until test results are negative. If they test positive, they must isolate.

Non-boosted or Unvaccinated Close Contacts

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.

NON-HOUSEHOLD CONTACT (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.

HOUSEHOLD CONTACT (Non-boosted or unvaccinated)

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts should be quarantined after exposure to a case.

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. 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 (or conduct daily bathroom cleaning).

- 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 5 days.

Quarantine end: Once exposure is no longer occurring (either the case has completed their 5-day isolation or the case and contact have separated within the home), then at-home quarantine can end after Day 5. The contact must monitor for symptoms and wear a mask for 5 additional days.

Notes:

- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.
- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 5-day period as long as the case has completed the minimum 5-day isolation and had symptom resolution for a minimum of 24 hours.

5 days minimum. Stay home while exposure is ongoing.	5 days quarantine at home after last exposure.	5 days masking while around others	
DAY 0 – Case's onset date. Both case and contact should stay home.	DAY 5 – Case completed minimum isolation; Contact's quarantine begins.	DAY 10 – Get tested. If w/o symptoms or negative result, return to normal activities. Wear a mask when around others.	DAY 15 – Complete self-monitoring for symptoms.

Healthcare Personnel

Healthcare personnel (including those working in long term care facilities) should refer to guidance below for isolation and quarantine guidance:

- [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)
- [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#)
- [Interim Infection Prevention and Control Recommendations to Prevent SARS-CoV-2 Spread in Nursing Homes](#)