

COVID SAFETY

January 2022

COVID-19 CDC Guidance for Isolation and Quarantine

CDC Current List of COVID-19 Symptoms

Symptoms may appear 2- 14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Close Contact with COVID-19 Positive Individual (CDC Update 12-27-21)

Scenario A:

If you have been boosted OR completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR completed the primary series of J&J vaccine within the last 2 months, then:

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms get a test and stay home.

Scenario B:

If you 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 OR are unvaccinated, then:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.
- If you develop symptoms get a test and stay home.

Implement Test-to -Stay Program For Scenario B

If an individual is unvaccinated, partially vaccinated, fully vaccinated as defined above, and a close contact, implement the **Test-to-Stay Program** being used in Delaware County, Pennsylvania.

Test Positive for COVID-19 – Isolate (CDC Update 12-27-21)

Applies to everyone, regardless of vaccination status

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.
- If you have a fever, continue to stay home until your fever resolves.

The five day count begins day of symptom onset or day of test positivity in asymptomatic individuals.