

CDC Isolation and Quarantine Guidance Summary Comparison as of 1/13/2022

| General Public Does not include K-12, healthcare, or congregate settings* | | | K – 12: Students Teachers, Staff | | | Healthcare Personnel | | |
|---|--|--|---|---|--|--|---|--|
| https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html | | | https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-quarantine.html | | | https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assessment-hcp.html https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html | | |
| History | Vaccination Status or COVID-19 History | | History | Vaccination Status or COVID-19 History | | History | Vaccination Status or COVID-19 History | |
| | <ul style="list-style-type: none"> Up to date OR <ul style="list-style-type: none"> Tested positive for COVID-19 on a viral test within the past 90 days | <ul style="list-style-type: none"> Not up to date | | <ul style="list-style-type: none"> Up to date OR <ul style="list-style-type: none"> Age 5–17 years and completed primary series OR <ul style="list-style-type: none"> Tested positive for COVID-19 on a viral test within the past 90 days | <ul style="list-style-type: none"> Not up to date AND <ul style="list-style-type: none"> Age 18 years and older | | <ul style="list-style-type: none"> Up to date | <ul style="list-style-type: none"> Not up to date, even if within 90 days of a positive test |
| Exposed to someone with COVID-19 | <ul style="list-style-type: none"> Do not need to stay home unless you experience symptoms Get tested at least 5 days after close contact* Wear a well-fitting mask any time you are around others for 10 days after exposure Avoid travel and being around people at high risk for 10 days after exposure | <ul style="list-style-type: none"> Stay home for at least 5 full days. Get tested at least 5 days after close contact* Wear a well-fitted mask any time you are around others for 10 days after exposure If unable to wear a mask, stay home for 10 days after exposure Do not travel during days 0–5. Travel after day 5 only if COVID-19 test was negative and you have stayed asymptomatic. Avoid travel and being around people at high risk for 10 days after exposure | Close contact with someone with COVID-19 | <ul style="list-style-type: none"> Do not need to stay home unless you experience symptoms Get tested at least 5 days after last close contact unless had confirmed COVID-19 in last 90 days* Wear a well-fitted mask any time you are around others for 10 days after contact | <ul style="list-style-type: none"> Stay home for at least 5 days after last contact Get tested at least 5 days after contact* If test negative OR unable to get a test and do not experience symptoms within 5 days after contact, may leave home Wear a well-fitted mask when around others for 10 days after contact Avoid being around people who are at high risk for at least 10 days after contact See also “Test to Stay” program guidance for participating schools, https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/what-you-should-know.html | Higher-risk exposure: Had prolonged close contact with a patient, visitor, or other health care worker with confirmed SARS-CoV-2 infection | Conventional healthcare standard in place: <ul style="list-style-type: none"> No work restrictions with negative COVID-19 test on days 2 and 5–7* Contingency healthcare standard in place: <ul style="list-style-type: none"> No work restrictions Crisis healthcare standard in place: <ul style="list-style-type: none"> No work restrictions | Conventional healthcare standard in place: <ul style="list-style-type: none"> Excluded from work for 10 days if no symptoms experienced OR <ul style="list-style-type: none"> Excluded from work for 7 days with negative COVID-19 test within 48 hours of planned return to work* Contingency healthcare standard in place: <ul style="list-style-type: none"> No work restriction with negative COVID-19 tests on days 1, 2, 3, and 5–7* Crisis healthcare standard in place: <ul style="list-style-type: none"> No work restrictions (test if possible) |
| | | | | | | | Lower risk exposure | No work restriction |

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|--|---|----------------------------------|---|-------------------------------|--|
| History | Any vaccination status | History | Any vaccination status | History | Any vaccination status |
| COVID-19 Test Positive | <ul style="list-style-type: none"> Stay home for 5 days and isolate from others in home Wear a well-fitted mask any time you are around others for 10 full days If no symptoms or symptoms are resolving after 5 days, you can leave your house. Any fever has to be gone for 24 hours. If you were severely ill, isolate for at least 10 days and consult your doctor before ending isolation. | COVID-19 Test Positive | <ul style="list-style-type: none"> Stay home for 5 days and isolate from others in home Wear a well-fitted mask any time you are around others for 10 full days If no symptoms or symptoms are resolving after 5 days, you can leave your house. Any fever has to be gone for 24 hours without the use of fever-reducing medication. If you experience symptoms after testing positive, the 5-day isolation period starts anew. If you were severely ill, isolate for at least 10 days and consult your doctor before ending isolation. Avoid people at high risk for severe disease until at least after 10 days. | COVID-19 Test Positive | <p><i>Conventional healthcare standard in place:</i> IF remained asymptomatic or had mild to moderate illness and symptoms have improved and 24 hours since last fever w/o use of fever-reducing medications) AND not moderately to severely immunocompromised:</p> <ul style="list-style-type: none"> 10-day work restriction <p>OR</p> <ul style="list-style-type: none"> at least 7 days with a negative test day at day 5–7 <p><i>Contingency healthcare standard in place:</i> IF remained asymptomatic or had mild to moderate illness and symptoms have improved and 24 hours since last fever w/o use of fever-reducing medications) AND not moderately to severely immunocompromised:</p> <ul style="list-style-type: none"> work restriction for 5 days since illness onset or first positive viral test With or without a negative test <p><i>Crisis healthcare standard in place:</i> No work restriction, with prioritization considerations of type of shortages that need to be addressed, degree of interaction with others, symptoms, and stage of illness.</p> |

*Anyone who becomes symptomatic after exposure should get tested immediately. Anyone who has a positive COVID-19 test result after exposure should follow recommendations for COVID-19 test positive history.

Definitions

- Close Contact: Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.
Exception to close contact definition: In the K–12 indoor classroom setting or a structured outdoor setting where mask use can be observed (i.e., holding class outdoors with educator supervision), the close contact definition excludes students who were between 3 to 6 feet of an infected student (laboratory-confirmed or a clinical diagnosis) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>
- Day 0: For people who are symptomatic or test positive, day 0 is the first day of symptoms or, if no symptoms, the date of collection of the specimen for the positive test. For people who are following recommendations after exposure, day 0 is the date of exposure.
- Exposure: Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.
- Fever: For the purpose of this guidance, fever is defined as subjective fever (feeling feverish) or a measured temperature of 100.0°F (37.8°C) or higher. Note that fever may be intermittent or may not be present in some people, such as those who are elderly, immunocompromised, or taking certain fever-reducing medications (e.g., nonsteroidal anti-inflammatory drugs [NSAIDs]).
- High risk for severe disease: See <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>; also includes people living in high-risk settings such as nursing homes, homeless shelters, and correctional and detention facilities.

- Immunocompromised: For the purposes of healthcare personnel guidance, moderate to severely immunocompromising conditions include, but might not be limited to those defined in the Interim Clinical Considerations for Use of COVID-19 Vaccines at <https://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html>.
- Severity of COVID-19:
 - Mild Illness: Individuals who have any of the various signs and symptoms of COVID-19 (e.g., fever, cough, sore throat, malaise, headache, muscle pain) without shortness of breath, dyspnea, or abnormal chest imaging.
 - Moderate Illness: Individuals who have evidence of lower respiratory disease, by clinical assessment or imaging, and a saturation of oxygen (SpO2) $\geq 94\%$ on room air at sea level.
 - Severe Illness: Individuals who have respiratory frequency >30 breaths per minute, SpO2 $<94\%$ on room air at sea level (or, for patients with chronic hypoxemia, a decrease from baseline of $>3\%$), ratio of arterial partial pressure of oxygen to fraction of inspired oxygen (PaO2/FiO2) <300 mmHg, or lung infiltrates $>50\%$.
 - Critical Illness: Individuals who have respiratory failure, septic shock, and/or multiple organ dysfunction.
- Up to Date: Being up-to-date on your COVID vaccine means that you've received every dose of vaccine based on your eligibility. For more information please visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date>
- Congregate Settings: In certain congregate settings that have high risk of secondary transmission (such as correctional and detention facilities, homeless shelters, or cruise ships), CDC recommends a 10-day quarantine for residents, regardless of vaccination and booster status. During periods of critical staffing shortages, facilities may consider shortening the quarantine period for staff to ensure continuity of operations. Decisions to shorten quarantine in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's [setting-specific guidance](#) provides additional recommendations for these settings.