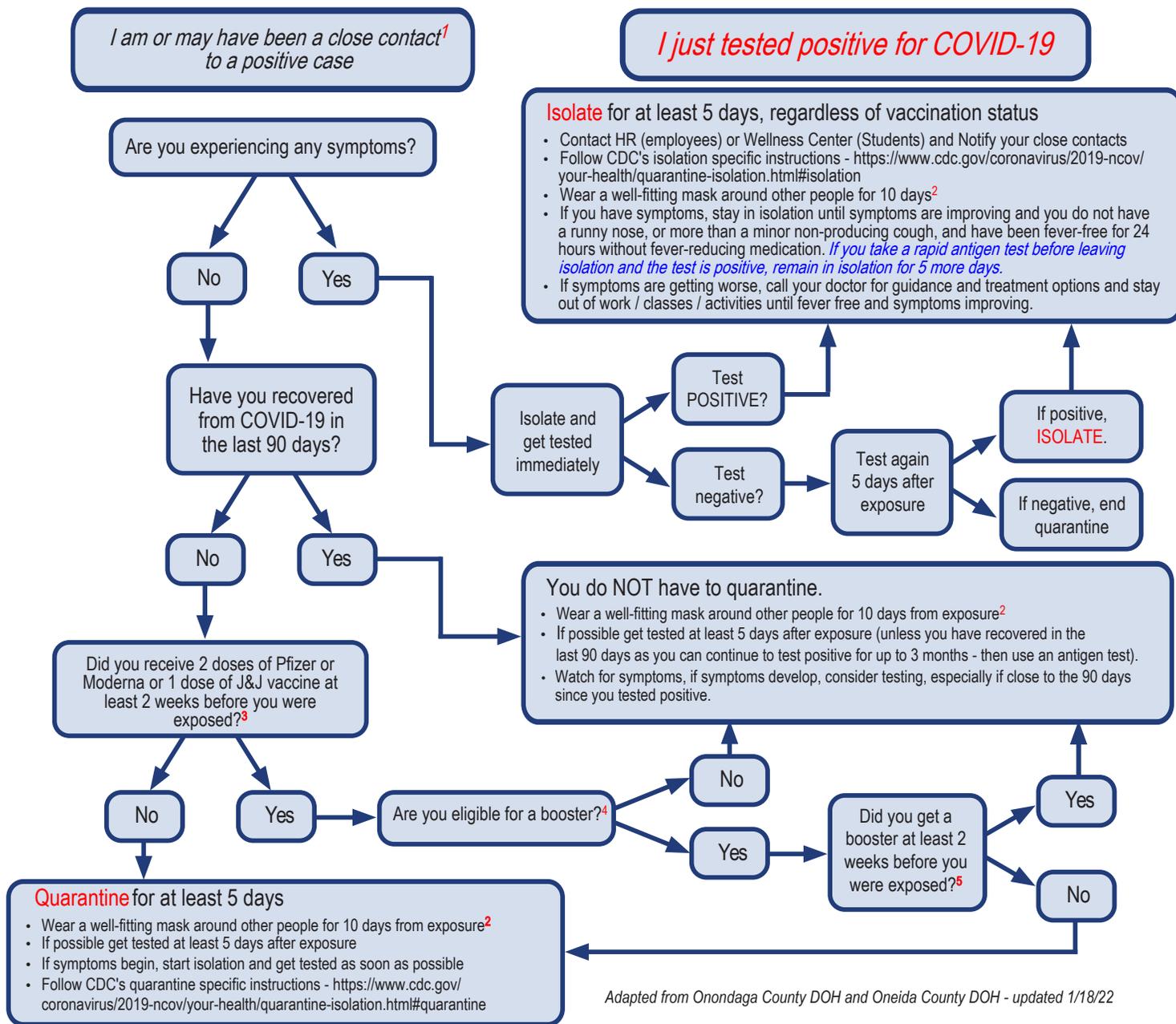




COVID-19 Quarantine and Isolation Guide



Adapted from Onondaga County DOH and Oneida County DOH - updated 1/18/22

Definitions and Notes

1. A **close contact** is someone who was less than 6 feet away from an infected person 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.
2. After a positive test or exposure, wear a well-fitting mask around other people at home and in public for 10 days (where day 0 is the day of symptom onset; positive test if asymptomatic; or last day of exposure).
3. You are considered **Fully Vaccinated** if you have completed the primary series of vaccinations within the last 5 months for Pfizer and Moderna or 2 months for J&J.
4. You are considered **Eligible for a Booster** vaccination if it has been at least 5 months since you received the Pfizer or Moderna vaccine series, or 2 months since receiving a J&J vaccine dose.
5. You are considered **Fully Boosted** if it has been at least 2 weeks since you have received a booster dose of a COVID-19 vaccine.
6. Following an exposure, monitor for symptoms for 10 days. If you develop symptoms, get tested immediately and isolate until you receive your test results. If you test positive, or if testing is not done, follow isolation recommendations.
7. After positive test or exposure, avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk settings, until after at least 10 days.

Additional Information

CDC Quarantine / Isolation Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

NYSDOH Interim Quarantine / Isolation Guidelines: https://coronavirus.health.ny.gov/system/files/documents/2022/01/nys_updated_isolation_quarantine_guidance_01042022.pdf

Oneida County DOH Isolation / Quarantine Guidance: https://ocgov.net/sites/default/files/exec/2022/covid/QuarantineGuidelines_01.06.22final.pdf

Albany County DOH Isolation / Quarantine Guidance: <https://www.albanycounty.com/departments/health/coronavirus-covid-19>

CDC Booster Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>