

## Outline Description

Title: "COVID-19 Quarantine and Isolation Guide"

Section 1: "I am or may have been a close contact to a positive case<sup>1</sup>"

1. If "Yes" to "Are you experiencing any symptoms?"
  - a. "Isolate and get tested immediately"
    - i. If "Yes" to "Test POSITIVE?" then "Isolate for at least 5 days, regardless of vaccination status. 1) Contact HR (employees) or Wellness Center (Students) and notify your close contacts, 2) Follow CDC's isolation specific instructions - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#isolation>, 3) Wear a well-fitting mask around other people for 10 days<sup>2</sup>, 4) If you have symptoms, stay in isolation until symptoms are improving and you do not have a runny nose, or more than a minor non-producing cough, and have been fever-free for 24 hours without fever-reducing medication. *If you take a rapid antigen test before leaving isolation and the test is positive, remain in isolation for 5 more days.*, 5) If symptoms are getting worse, call your doctor for guidance and treatment options and stay out of work / classes / activities until fever free and symptoms improving."
    - ii. If "Yes" to "Test negative?" then "test again 5 days after exposure"
      1. If "Yes" to "if positive after testing again 5 days after exposure" then "Isolate for at least 5 days, regardless of vaccination status. 1) Contact HR (employees) or Wellness Center (Students) and notify your close contacts, 2) Follow CDC's isolation specific instructions - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#isolation>, 3) Wear a well-fitting mask around other people for 10 days<sup>2</sup>, 4) If you have symptoms, stay in isolation until symptoms are improving and you do not have a runny nose, or more than a minor non-producing cough, and have been fever-free for 24 hours without fever-reducing medication. *If you take a rapid antigen test before leaving isolation and the test is positive, remain in isolation for 5 more days.*, 5) If symptoms are getting worse, call your doctor for guidance and treatment options and stay out of work / classes / activities until fever free and symptoms improving."
      2. If "Yes" to "if negative after testing again 5 days after exposure" then "end quarantine"
2. If "No" to "Are you experiencing symptoms?"
  - a. If "Yes" to "Have you recovered from COVID-19 in the last 90 days?" then "You do NOT have to quarantine. 1) Wear a well-fitting mask around other people for 10 days from exposure<sup>2</sup>, 2) If possible get tested at least 5 days after exposure (unless you have recovered in the last 90 days as you can continue to test

positive for up to 3 months - then use an antigen test)., 3) Watch for symptoms, if symptoms develop, consider testing, especially if close to the 90 days since you tested positive.”

- b. If “No” to “Have you recovered from COVID-19 in the last 90 days?” then “Did you receive 2 doses of Pfizer or Moderna or 1 dose of J&J vaccine at least 2 weeks before you were exposed?<sup>3</sup>”
  - i. If “Yes” to “Did you receive 2 doses of Pfizer or Moderna or 1 dose of J&J vaccine at least 2 weeks before you were exposed?<sup>3</sup>” then “Are you eligible for a booster?”
    1. If “Yes” to “Are you eligible for a booster?” then “Did you get a booster at least 2 weeks before you were exposed?<sup>5</sup>”
      - a. If “Yes” to “Did you get a booster at least 2 weeks before you were exposed?<sup>5</sup>” then “You do NOT have to quarantine. 1) Wear a well-fitting mask around other people for 10 days from exposure<sup>2</sup>, 2) If possible get tested at least 5 days after exposure (unless you have recovered in the last 90 days as you can continue to test positive for up to 3 months - then use an antigen test)., 3) Watch for symptoms, if symptoms develop, consider testing, especially if close to the 90 days since you tested positive.”
      - b. If “No” to “Did you get a booster at least 2 weeks before you were exposed?<sup>5</sup>” then “**Quarantine** for at least 5 days: 1) Wear a well-fitting mask around other people for 10 days<sup>2</sup>, 2) If possible get tested at least 5 days after exposure, 3) If symptoms begin, start isolation and get tested as soon as possible, 4) Follow CDC's isolation specific instructions - <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#isolation>”
    2. If “No” to “Are you eligible for a booster?” then “You do NOT have to quarantine. 1) Wear a well-fitting mask around other people for 10 days from exposure<sup>2</sup>, 2) If possible get tested at least 5 days after exposure (unless you have recovered in the last 90 days as you can continue to test positive for up to 3 months - then use an antigen test)., 3) Watch for symptoms, if symptoms develop, consider testing, especially if close to the 90 days since you tested positive.”
  - ii. If “No” to “Did you receive 2 doses of Pfizer or Moderna or 1 dose of J&J vaccine at least 2 weeks before you were exposed?<sup>3</sup>” then “**Quarantine** for at least 5 days: 1) Wear a well-fitting mask around other people for 10 days<sup>2</sup>, 2) If possible get tested at least 5 days after exposure, 3) If symptoms begin, start isolation and get tested as soon as possible, 4) Follow CDC's isolation specific instructions -

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#isolation>”

### **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/yourhealth/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](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](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>

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