

COVID-19 Isolation and Quarantine Guidelines

Updated January 2022

If You Test Positive for COVID-19 (Isolation)

REGARDLESS OF VACCINATION STATUS

Symptomatic:

- Isolate for 5 days from the day your symptoms began. Day of first symptoms is day 0.
- Notify close contacts. A close contact is someone who was less than 6 feet away for a cumulative total of 15 minutes or more over a 24-hour period (regardless of masking). Notify those you had close contact with beginning the 48 hour period before symptoms began (or the date you tested positive if asymptomatic) until you started isolating away from others.
- On day 6, if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved you can leave isolation. Sign and print isolation release attestation paperwork [here](#).
- If your symptoms do not improve, continue your isolation until symptoms improve.
- Day 6-10 after isolation release, continue to wear a well-fitting mask around others. If you are unable to wear a mask, you should continue to isolate for a full 10 days.

Asymptomatic:

- Isolate for 5 days from the day you test positive. Day of test is day 0.
- Notify close contacts. A close contact is someone who was less than 6 feet away for a cumulative total of 15 minutes or more over a 24-hour period (regardless of masking). Notify those you had close contact with beginning the 48 hour period before symptoms began (or the date you tested positive if asymptomatic) until you started isolating away from others.
- On day 6, you can leave isolation. Sign and print isolation release attestation paperwork [here](#).
- If you develop symptoms, continue your isolation until symptoms improve.
- Day 6-10 after isolation release, continue to wear a well-fitting mask around others. If you are unable to wear a mask, you should continue to isolate for a full 10 days.

If You Were Exposed to Someone with COVID-19 (Quarantine)

Up To Date with Vaccination: *defined as being 2 weeks or more after either receipt of the second dose in a 2-dose series, or 2 weeks or more after receipt of one dose of a single-dose vaccine, and having received a booster shot, if eligible for a booster, at least 2 weeks before the first date of exposure.

- You do not need to quarantine
- You should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19. The date of last close contact is day 0.
- If possible, get tested at least 5 days after you last had close contact with someone with COVID-19.
- If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the isolation section above.

Not Vaccinated / Not Up To Date with Vaccination:

- Stay home and away from other people for 5 days. The date of last close contact is day 0.
- Watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms.
- If you develop symptoms, get tested immediately and isolate.
- If you do not develop symptoms, if possible, get tested at least 5 days after you last had close contact with someone with COVID-19.
- On day 6, if you are symptom free and have not tested positive, you can leave quarantine. Sign and print quarantine release attestation paperwork [here](#).
- If you test positive, isolate from other people and follow recommendations in the isolation section above.
- Day 6-10 after quarantine release, continue to wear a well-fitting mask around others. If you are unable to wear a mask, you should continue to quarantine for a full 10 days.

* If you tested positive for COVID-19 within the previous 90 days and recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact.

* Please refer to the CDC's website on isolation and quarantine guidelines. <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

* For access to isolation/quarantine orders and release forms visit www.GOHealthNY.org



01/07/2022