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ECDOH COVID-19 Isolation and Quarantine Documents

How to Report a COVID Positive Employee/Student/Volunteer to the ECDOH

- Complete and Submit [Form to Report an Employee/Student/Volunteer who Tests Positive for COVID-19](#)

Isolation

- If you test positive for COVID-19, you must follow the [Commissioner's Order for Isolation of a Lab Confirmed COVID-19 Case \(Cover Page Only\)](#).
- If you test positive for COVID-19, you must isolate for 10 days past the onset of symptoms. If you don't have symptoms, then you must isolate for 10 days past the date that your test sample was collected.
- Use the [ECDOH Contact Tracing Tool](#) to help you identify contacts. There is a delay between when some people find out they have a positive COVID test result, when the ECDOH can call them to explain isolation and notify their close contacts. Therefore, we need your help. Tell your close contacts and household contacts to quarantine. A Department of Health contact tracer will contact positive cases and close contacts with additional instructions.
- See [How to Isolate at Home](#).
- Follow the [Symptom-Based Strategy to Discontinue Home Isolation](#) for Persons with COVID-19.
- Complete the [Return to Work Authorization after Isolation for Persons Other Than Health Care Settings](#).
- Use the [Temperature Log](#) to log to monitor your temperature ([Registro de temperatura en Español](#)).
- Please use your Commissioner's Order for Isolation to fulfill any workplace, [NY State](#) or federal requirements for COVID-19 leave claims.

Quarantine

- If you are a close contact of someone that tests positive for COVID-19, you must follow the [Commissioner's Order for Quarantine](#).
- If you are a close contact, you must quarantine for 10 days past your last contact with the person that tested positive unless you are fully vaccinated and asymptomatic.
- Unvaccinated close contacts of a positive case should have a diagnostic COVID-19 test about 5 to 7 days after their last contact with the person that tested positive. Vaccinated close contacts of a positive case should have a diagnostic COVID-19 test about 3 to 5 days after their last contact with the person that tested positive.
- Read the [NYSDOH Quarantine Guidance for Community Persons Exposed to Covid-19](#)
- Use the [Temperature Log](#) to log to monitor your temperature ([Registro de temperatura en Español](#)).
- Please use your Commissioner's Order for Quarantine to fulfill any workplace, [NY State](#) or federal requirements for COVID-19 leave claims.

COVID-19 Testing

- [Testing Information](#)
- Please call your doctor, not the ECDOH, with questions about your own health and for advice on managing symptoms. If you are having trouble breathing or are experiencing severe symptoms, call 9-1-1. Notify 9-1-1 that you are in isolation or quarantine for COVID-19.

Support for Basic Needs

- Staying at home for an extended period, especially if one or more people in a household are ill, can make accessing basic needs like food and medicine a challenge.
- See [Community Resources](#) for a variety of free resources available to you.
- If you are in isolation or quarantine and need help with basic needs, call 2-1-1 (www.211wny.org).
- People who are unable to safely isolate or quarantine should call 2-1-1 or (716) 858-2929 to ask for assistance.

Plasma Donations and COVID Related Studies

- [University at Buffalo Plasma Program](#) or call 716-888-4845 or 716-888-4840
- [Roswell Park Plasma Program](#)
- University at Buffalo Study: [COVID-19 inhaled medication](#)
- University at Buffalo Study: [Experimental drugs to prevent the COVID-19 disease from occurring in people who have been exposed to the SARS-CoV-2 virus](#)
- University at Buffalo Study: [To determine the safety of an exploratory drug in COVID patients](#)
- University at Buffalo Study: [People who tested COVID Positive through a PCR Test Needed for a Research Study](#)

Additional Information

- [What you need to know about coronavirus disease 2019 \(COVID-19\)](#) (CDC)
- [What to do if you are sick with coronavirus disease 2019 \(COVID-19\)](#) (CDC)
- [Cleaning and Disinfection for Households](#) (CDC)
- [SAMHSA – Taking Care of Your Behavioral Health](#)
- [Information for Businesses](#)

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COUNTY OF ERIE

MARK POLONCARZ

COUNTY EXECUTIVE

GALE R. BURSTEIN, MD, MPH, FAAP
COMMISSIONER OF HEALTH

GO TO [ERIE.GOV/COVID19](http://erie.gov/covid19) FOR THE COMMISSIONER'S ISOLATION ORDER

THE COMMISSIONER'S ISOLATION ORDER APPLIES TO YOU AND REQUIRES THAT YOU ISOLATE YOURSELF IF:

- **YOU CURRENTLY HAVE COVID-19 SYMPTOMS AND ARE WAITING FOR YOUR COVID-19 TEST RESULT**

OR

- **YOU DEVELOP COVID-19 SYMPTOMS BEFORE YOU RECEIVE YOUR COVID-19 TEST RESULT**

OR

- **YOUR COVID-19 TEST RESULT INDICATES THAT YOU ARE POSITIVE FOR COVID-19. IF YOUR TEST RESULT IS POSITIVE, YOU MUST REMAIN ISOLATED UNTIL YOU MEET THE NEW YORK STATE DEPARTMENT OF HEALTH CRITERIA FOR RELEASE FROM ISOLATION.**

YOU DO NOT NEED TO ISOLATE YOURSELF IF:

- **YOU CURRENTLY DO NOT HAVE COVID-19 SYMPTOMS AND ARE WAITING FOR YOUR COVID-19 TEST RESULT**

OR

- **YOUR COVID-19 TEST RESULT INDICATES THAT YOU ARE NEGATIVE FOR COVID-19. IF YOUR TEST RESULT IS NEGATIVE, DISREGARD THE STANDING COMMISSIONER'S ORDER.**

(next page)

STATE OF NEW YORK
ERIE COUNTY DEPARTMENT OF HEALTH

In re: 2019-Novel Coronavirus (COVID-19)

**STANDING COMMISSIONER'S ORDER
FOR ISOLATION OF A COVID-19 POSITIVE CASE**

Pursuant to Section 2100 of the Public Health Law

WHEREAS, on January 30, 2020 the World Health Organization designated the COVID-19 outbreak as a Public Health Emergency of International Concern, advising that further cases may appear in any country; and

WHEREAS, on January 31, 2020, Health and Human Services Secretary Alex M. Azar II declared a public health emergency for the entire United States to aid the nation's healthcare community in responding to COVID-19; and

WHEREAS, as of March 7, 2020, Andrew Cuomo, the Governor of the State of New York, declared a State of Emergency by Executive Order 202 as a result of the spread of COVID-19 in the State of New York; and

WHEREAS, as of March 13, 2020, Donald Trump, the President of the United States of America, declared a National Emergency as a result of the spread of COVID-19 in the United States; and

WHEREAS, as of March 15, 2020, Mark C. Poloncarz, the Chief Executive of the County of Erie, declared a State of Emergency as a result of the spread of COVID-19 in the County of Erie; and

WHEREAS, Section 2100 of the Public Health Law mandates that all local health officers, being Commissioners of Health and Public Health Directors, as the case may be, of County Health Departments, guard against the introduction of such communicable diseases as are designated in the State Sanitary Code, by the exercise of proper and vigilant medical inspection and control of all persons and things infected with or exposed to such diseases; and

WHEREAS, the New York State Department of Health has issued “2019 Novel Coronavirus (COVID-19) Interim Containment Guidance: Precautionary Quarantine, Mandatory Quarantine and Mandatory Isolation Applicable to all Local Health Departments (LHD)” found at https://coronavirus.health.ny.gov/system/files/documents/2020/03/quarantine_guidance_0.pdf ; and

WHEREAS the NYSDOH Guidance requires that any person who has tested positive for COVID-19 be isolated; and

WHEREAS, as of August 22, 2021, the County of Erie has over 92,000 individuals who have had a COVID-19 infection; and

WHEREAS, it is expected that the number of persons infected will continue to increase; and

WHEREAS, given the volume of positive test results and the critical need to protect the public health.

NOW, THEREFORE, by virtue of the authority vested in me by section 2100 of the Public Health Law of the State of New York, as Commissioner of the Erie County Department of Health, I do hereby:

ORDER that, any person experiencing symptoms consistent with COVID-19 at the time he/she is tested for COVID-19 is required to remain isolated at an individual place of residence during the time between the specimen collection and the delivery of test results. Any person who receives a negative result may end isolation at that time.

ORDER that, any person who has tested positive for COVID-19 is required to remain isolated at an individual’s place of residence until such time as that individual meets their appropriate process for discontinuation of isolation as found in the July 23, 2021 New York State Department of Health guidance “Health Advisory: Discontinuation Of Home Isolation for Persons With COVID-19 Who Are Not In Health Care Facilities Or Congregate Settings” at

https://coronavirus.health.ny.gov/system/files/documents/2021/07/doh_covid19_discontinueisolation_72421.pdf .

The discontinuation of isolation regardless of whether the individual is symptomatic or asymptomatic, is (1) the completion of at least 10 days of isolation from the onset of symptoms (if symptomatic) or 10 days of isolation after the first positive test (if asymptomatic and have remained asymptomatic), and (2) 24 hours with no fever without the use of fever-reducing medications, and (3) COVID-19 symptoms are improving.

FURTHER, I DO HEREBY ORDER that, any person who collects a specimen from an individual for the purpose of testing for COVID-19 must provide such individual with a copy of this Standing Order.

FURTHER, I DO HEREBY ORDER that, any person who collects a specimen from an individual for the purpose of testing for COVID-19 must verify such individual's current telephone number and address, and collect such individual's gender, race, ethnicity, occupation, employer, and employers contact information in order to help improve the accuracy within the New York State Electronic Clinical Laboratory Reporting System for those results which are reportable therein and assist with contact tracing.

FURTHER, I DO HEREBY order that, any doctor, hospital, or other medical provider or facility operating within the County of Erie shall provide a copy of this Standing Order to any person who has a positive test for COVID-19 upon delivery of the results of the positive test, or shall inform said person of this Standing Order and direct the individual to the website for the Erie County Department of Health to obtain a copy. Documentation shall be maintained that this provision has been complied with, and shall be provided to the Erie County Department of Health upon request;

FURTHER, I DO HEREBY ORDER that, every doctor, hospital, or other medical provider or facility operating within the County of Erie shall conspicuously place a copy of this Standing Order in their place of business, where it may be viewed by any persons seeking treatment or testing;

FURTHER, I DO HEREBY ORDER that, every doctor, hospital, or other medical provider or facility operating within the County of Erie shall post this Standing Order to the home page of their web site;

FURTHER, I DO HEREBY give notice that the failure to comply with the provisions of this Order may subject an individual to criminal prosecution pursuant to the terms of Section 12-b of the Public Health Law;

FURTHER, I DO HEREBY give notice that an individual subject to this Standing Order has a right to challenge this Order in a Court of competent jurisdiction and to be represented by legal counsel or to have counsel provided, and that if the person qualifies to have counsel provided, such counsel will be made available. To the extent necessary, the Erie County Department of Health will request that an individual subject to isolation be allowed to participate in any such proceeding by telephonic or video-conferencing means;

FURTHER, I DO HEREBY ORDER that, this Standing Order shall remain in effect until revoked, in writing, by my hand.

DATED: August 30, 2021



GALE R. BURSTEIN MD, MPH, FAAP, COMMISSIONER
ERIE COUNTY DEPARTMENT OF HEALTH

NOTE:
THIS STANDING ORDER ALONG WITH ADDITIONAL GUIDANCES,
INSTRUCTIONS, AND FREQUENTLY ASKED QUESTIONS CAN BE FOUND AT
<https://www.erie.gov/covid19/iq>.

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COVID-19 Quarantine Instructions

- The individual will remain in quarantine until ten (10) days from their last day of exposure to a positive COVID-19 case and have remained free of COVID-19 symptoms during the ten days. Symptoms of COVID-19 include but are not limited to fever, cough, and shortness of breath.
- The individual must not leave their home/property where they are being quarantined. You are allowed to walk outside on your property but should not come within six feet of others.
- The individual must be situated in a separate room with separate bathroom facilities for each individual or family group. Access to a sink with soap, water, and paper towels is necessary. Cleaning supplies (e.g. household cleaning wipes, bleach) must be provided in any shared bathroom.
- The individual must have a way to self-isolate from household members as soon as fever or other symptoms develop, in a separate room with a door. Given that an individual might become ill while sleeping; the individual must sleep in a separate bedroom from household members.
- If an individual sharing a bathroom becomes symptomatic, all others sharing the bathroom will be considered exposed persons until the symptomatic individual is appropriately evaluated and cleared.
- If the individual must enter a room where there are other individuals, the quarantined individual must wear a mask and remain ≥ 6 feet from others.
- The individual's bed linens, towels, and personal clothing must not be shared with other members of the household.
- Food must be delivered to the individual's room.
- Individuals must have a supply of face masks to put on if they become symptomatic.
- Garbage must be bagged and left outside the door of each of the rooms for routine pick up. Special handling is not required.
- Individuals should self-monitor daily for fever and other symptoms of COVID-19 throughout the duration of the quarantine period. An Erie County Department of Health employee may contact the individual once a day for temperature and symptoms.
- If the individual begins to experience COVID-19 symptoms and requires medical assistance, the individual must notify the medical facility prior to arriving at the facility.

The individual or their legal guardian may contact the Erie County Department of Health to seek clarification of or further explanation of the conditions contained in any part of this agreement.

Erie County Department of Health
Office of Epidemiology and Disease Surveillance

Updated 8/30/2021

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STATE OF NEW YORK
ERIE COUNTY DEPARTMENT OF HEALTH

In re: 2019-Novel Coronavirus (COVID-19)

STANDING COMMISSIONER'S QUARANTINE ORDER
FOR PERSONS WHO HAVE BEEN IN CLOSE CONTACT
WITH A CONFIRMED CASE OF COVID-19

Pursuant to Section 2100 of the Public Health Law

WHEREAS, 2019 novel Coronavirus (COVID-19) has been declared a communicable disease by the New York State Health Commissioner pursuant to §2.1(a) of the New York State Sanitary Code [10 NYCRR Chapter 1], and a reportable condition to the Erie County Department of Health (the "Department") pursuant to §2101 of the New York State Public Health Law; and

WHEREAS, the Centers for Disease Control and Prevention (CDC) has issued containment guidance which mandates the quarantine of individuals who have been in close contact. A close contact is defined as:

General Public Setting: persons who are within 6 feet of a positive COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during a time the case was infectious, regardless if masks were worn,

Pre-K to Grade 12 School/School Bus Setting: students being within 3 feet or teachers/staff who are within 6 feet from the positive COVID-19 case for a cumulative total of 15 minutes or more over a 24-hour period during a time the case was infectious, regardless if masks were worn; and

WHEREAS, such containment guidance further directs local health departments to consider other factors such as proximity of contact and duration of exposure when deciding whether an exposure resulted in a close contact and therefore warrants mandatory quarantine; and

WHEREAS, the Department has received a report, pursuant to §2.10 of the State Sanitary Code and to §2101 of the New York State Public Health Law, that you have come in close contact with a confirmed COVID-19 case; and

WHEREAS, pursuant to §2100 and §2120 of the New York State Public Health Law and §2.6 of the State Sanitary Code, the Department is authorized to take such steps as may be necessary to mitigate morbidity and mortality and to prevent transmission of disease to other persons; and

WHEREAS, the Department has determined that, in order to mitigate morbidity and mortality from COVID-19, that you must be confined to your home under such conditions as will prevent transmission of COVID-19 to others.

THEREFORE, IT IS ORDERED that you remain within the premises of your home and follow the precautions and directions specified in the attached **COVID-19 QUARANTINE INSTRUCTIONS** (the "**INSTRUCTIONS**"). You may not leave these premises for any reason, including to go to work, or to attend school, unless authorized by the Department;

IT IS FURTHER ORDERED that you may not have direct personal contact with other persons who do not reside in your home except as authorized by the Department; and

IT IS FURTHER ORDERED that you shall cooperate with the Department's efforts to monitor your compliance with this Order and the infection control measures outlined on the attached **INSTRUCTIONS**.

This Order shall remain in effect until ten (10) days after your last date of exposure to a positive COVID-19 case and have remained free of COVID-19 symptoms during the 10 days. If you are re-exposed to a positive COVID-19 case during your ten day quarantine your quarantine period will extend to ten days from the latest exposure.

Exemptions to the ten (10) day quarantine include:

1. An asymptomatic close contact who is fully vaccinated (≥ 2 weeks following the receipt of the second dose in a 2-dose series or ≥ 2 weeks following receipt of one dose of a single-dose series) and has remained asymptomatic will not need to quarantine.

OR

2. An asymptomatic close contact who has been previously diagnosed with laboratory confirmed COVID-19 and has since recovered and it is within 90 days of the onset of symptoms of their initial laboratory confirmed COVID-19 infection or within 90 days of their first positive COVID-19 test if asymptomatic and has remained asymptomatic will not need to quarantine.

This Order is the final administrative determination of the County of Erie in this matter. You may challenge the final determination by commencing a proceeding in the New York State Supreme Court pursuant to Article 78 of the New York State Civil Practice Law and Rules.



Gale R. Burstein, MD, MPH, FAAP
Commissioner of Health

NOTE - You have the right to be represented by a lawyer regarding this quarantine order. You may directly contact a lawyer of your choice to represent you.

WARNING

FAILURE TO COMPLY WITH THIS ORDER MAY SUBJECT YOU TO FURTHER ACTION BY THE COMMISSIONER, INCLUDING INVOLUNTARY DETENTION IN AN APPROPRIATE FACILITY OR SUCH OTHER ACTION AS THE COMMISSIONER MAY DEEM NECESSARY TO PROTECT THE HEALTH OF OTHERS. WILLFUL VIOLATION OF OR REFUSAL TO COMPLY WITH A HEALTH ORDER IS A MISDEMEANOR UNDER NEW YORK PUBLIC HEALTH LAW SECTION 12-B.

Resources:

CDC Close Contact

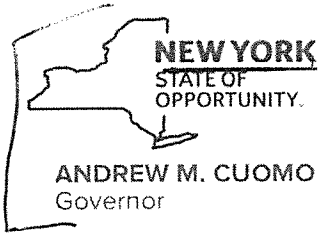
<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>

CDC Fully Vaccinated Defined

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Updated 8/30/2021

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Department of Health

HOWARD A. ZUCKER, M.D., J.D.
Commissioner

LISA J. PINO, M.A., J.D.
Executive Deputy Commissioner

DATE: April 22, 2021
TO: Local Health Departments (LHDs) and other affected entities
FROM: New York State Department of Health (NYSDOH)

UPDATE to HEALTH ADVISORY: QUARANTINE FOR COMMUNITY PERSONS EXPOSED TO COVID-19

Summary

- This document supersedes the April 1, 2021 guidance on quarantine for community persons exposed to COVID-19.
- This update aligns the guidance with changes to the New York State Travel Advisory that went into effect on April 10, 2021 and aligns with CDC requirements and recommendations for domestic and international travel released April 2, 2021.

General Definitions

- **Fully vaccinated** is defined as being 2 or more weeks after the final dose (e.g., first for Janssen/Johnson & Johnson, second for Pfizer and Moderna) of the vaccine approved by the FDA or authorized by the FDA for emergency use.
 - Vaccines that are not authorized by the U.S. Federal Drug Administration (FDA) for emergency use or approved by the FDA do not satisfy this definition.
- **Recently recovered** is defined as 1) recovered from laboratory-confirmed COVID-19 by meeting the criteria for discontinuation of isolation; 2) within the 3-month period between date of arrival in New York and either the initial onset of symptoms related to the laboratory confirmed COVID-19 infection or, if asymptomatic during the illness, the date of the laboratory confirmed test; and 3) asymptomatic after travel or new exposure.
- **Domestic travel** is defined as travel lasting 24 hours or longer to states or US territories other than contiguous states (i.e., Pennsylvania, New Jersey, Connecticut, Massachusetts, and Vermont).



Quarantine Requirements

1. Fully vaccinated individuals exposed to COVID-19

- Asymptomatic individuals who have been fully vaccinated against COVID-19 do not need to quarantine after exposure to COVID-19.
- Fully vaccinated individuals exposed to COVID-19 who are experiencing symptoms consistent with COVID-19 must isolate themselves and should be clinically evaluated for COVID-19 and tested for COVID-19 if indicated.

- This guidance applies to all fully vaccinated people. However, individuals should be encouraged to consult with their healthcare provider if they have any questions about their individual situation, such as immunocompromising conditions or other concerns.

2. Recently recovered individuals exposed to COVID-19

- **Asymptomatic** individuals exposed to COVID-19 who have been recently diagnosed with laboratory confirmed COVID-19, and have since recovered, are **not** required to retest and quarantine provided the new exposure is within 3 months after the date of symptom onset from the initial COVID-19 infection or date of first positive diagnostic test if asymptomatic during illness.
- This guidance applies to all people who have recently recovered from COVID-19 and are newly exposed to COVID-19. However, individuals should be encouraged to consult with their healthcare provider if they have any questions about their individual situation, such as immunocompromising conditions or other concerns.

3. Individuals who are neither fully vaccinated nor recently recovered and are exposed to COVID-19

- Individuals who have been exposed to someone with confirmed or suspected COVID-19, who are not fully vaccinated or have not recovered from COVID-19 in the previous 3 months, are required to quarantine for 10 days after exposure.
- Testing is not required to end quarantine if no symptoms have been reported during the quarantine period. However, a test should be sought immediately if any symptoms develop during the 14 days after exposure. Guidance regarding quarantine can be found here.

Travelers

Individuals should refer to the NYS travel guidance for updated NYS travel guidance. As of April 10, 2021, there are generally no quarantine requirements for asymptomatic travelers, but furlough requirements remain for specific categories of HCP.

Healthcare Personnel Furlough

Healthcare personnel should refer to the current healthcare personnel return to work guidance for information about furlough after exposure.

Monitoring Requirements for Everyone after Exposure to COVID-19

Irrespective of quarantine status, all individuals exposed to COVID-19 must:

- Monitor symptoms daily from day of exposure (or first date of awareness of exposure if there is a delay) through Day 14;
- Continue strict adherence to all recommended non-pharmaceutical interventions, including hand hygiene and the use of face coverings, through Day 14 (even if fully vaccinated);

- Immediately self-isolate if any symptoms develop and contact the local public health authority or their health care provider to report this change in clinical status and determine if they should seek testing.

Local Health Departments and Quarantine Orders

Local health departments (LHDs) will continue to identify individuals who may have been exposed to COVID-19. Contact tracing interviews now include questions about vaccination status and previous COVID infection. Contact tracers may validate reports of vaccination status in NYSIIS or CIR, the statewide immunization registry, during the interview. Fully vaccinated individuals do not need to quarantine after exposure.

Additional Information

This guidance applies only to asymptomatic individuals who have been exposed to COVID-19 and who have not tested positive as a result of a recent exposure. Consistent with ongoing NYS DOH requirements, individuals who test **positive for COVID-19 must isolate**. Information on the criteria and duration for isolation can be found [here](#).

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FILE
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Quarantine and Isolation

Updated Oct. 19, 2021 [Print](#)

Quarantine vs. Isolation

- You quarantine when you might have been exposed to the virus.
- You isolate when you have been infected with the virus, even if you don't have symptoms.

For Health Departments

For detailed CDC recommendations for public health agencies on the duration of quarantine, see [Science Brief: Options to Reduce Quarantine](#).

Quarantine

Quarantine if you have been in close contact (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been fully vaccinated. People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 5-7 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

What to do

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19.
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19.

After quarantine

- Watch for symptoms until 14 days after exposure.
- If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.

You may be able to shorten your quarantine

Your local public health authorities make the final decisions about how long quarantine should last, based on local conditions and needs. Follow the recommendations of your local public health department if you need to quarantine. Options they will consider include stopping quarantine

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

What to do

- Monitor your symptoms. If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- Wear a mask when around other people if able.

Learn more about what to do if you are sick and how to notify your contacts.

When You Can be Around Others After You Had or Likely Had COVID-19

Most people do not require testing to decide when they can be around others; however, if your healthcare provider recommends testing, they will let you know when you can resume being around others based on your test results.

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should quarantine for 14 days **after their last exposure** to that person, except if they meet the following conditions:

Someone who has been fully vaccinated and shows no symptoms of COVID-19 does not need to quarantine. However, fully vaccinated close contacts should:

- Wear a mask indoors in public for 14 days following exposure or until a negative test result.
- Get tested 5-7 days after close contact with someone with suspected or confirmed COVID-19.
- Get tested and isolate immediately if experiencing COVID-19 symptoms.

Someone who tested positive for COVID-19 with a viral test within the previous 90 days **and** has subsequently recovered **and** remains without COVID-19 symptoms does not need to quarantine. However, close contacts with prior COVID-19 infection in the previous 90 days should:

- Wear a mask indoors in public for 14 days after exposure.
- Monitor for COVID-19 symptoms and isolate immediately if symptoms develop.
- Consult with a healthcare professional for testing recommendations if new symptoms develop.

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

...loss of taste and smell may persist for weeks or months after recovery and does not delay the end of isolation.

Note that these recommendations do not apply to people with severe COVID-19 or with weakened immune systems (immunocompromised).

I tested positive for COVID-19 but had no symptoms

If you continue to have no symptoms, you can be with others after 10 days have passed since you had a positive viral test for COVID-19.

If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID-19, and I had symptoms.”

I was severely ill with COVID-19 or have a weakened immune system (immunocompromised) caused by a health condition or medication.

People who are severely ill with COVID-19 might need to stay home longer than 10 days and up to 20 days after symptoms first appeared. People with weakened immune systems may require testing to determine when they can be around others. Talk to your healthcare provider for more information. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing.

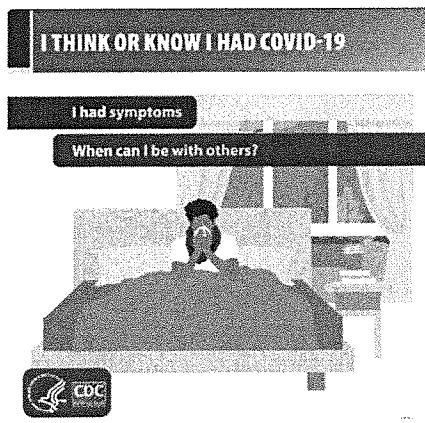
People who are immunocompromised should be counseled about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow current prevention measures (including wearing a mask, staying 6 feet apart from others they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people should also be encouraged to be vaccinated against COVID-19 to help protect these people.

For Healthcare Professionals

If you are a healthcare professional who thinks or knows you had COVID-19, you should follow the same recommendations listed above for when you can resume being around others outside the workplace. When you can return to work depends on different factors and situations. For information on when you can return to work, see the following:

Criteria for Return to Work for Healthcare Personnel with SARS-CoV-2 Infection (Interim Guidance)

Digital Resources



I Think or Know I had COVID-19, and I had Symptoms. When can I be Around Others?

If you have or think you might have COVID-19, it is important to stay home and away from others. When you can be around others depends on different factors for different situations.

I Think or Know I had COVID-19, but I had No Symptoms. When can I be Around Others?

If you have or think you might have COVID-19, it is important to stay home and away from others. When you can be around others depends on different factors for different situations.