

CDC Makes Changes to COVID-19 Quarantine and Isolation Protocols

By Frankie Giannetti; Loss Control Manager at IRMA

December 28, 2021

As of December 27, 2021, the CDC has [updated its recommendations](#) for isolation and quarantine lengths for the general population, shortening the recommended time for isolation for persons that are asymptomatic from 10 days to 5 days, followed by a 5 day period of wearing masks around others. The table below summarizes this update. Employees should report COVID-19 symptoms immediately.

Note: The CDC has outlined the minimum recommended isolation and quarantine lengths. Employers have the right to require return to work protocols that exceed this guidance.

Isolate

If You **Test Positive** for COVID-19

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- After 5 days
 - If you have no symptoms or your symptoms are resolving, you can leave your house. *If you have a fever, continue to stay home until your fever resolves.*
 - Continue to wear a mask around others for 5 additional days.

Quarantine

If You **Were Exposed** to Someone with COVID-19 and you have: **Received a booster OR**

Completed the series of Pfizer or Moderna vaccine **within the last 6 months** OR
Completed the series of J&J vaccine **within the last 2 months**

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- *If you develop symptoms, get a test, and stay home.*

If You **Were Exposed** to Someone with COVID-19 and you have: **Not been vaccinated OR**

Completed the Pfizer or Moderna series **over 6 months** ago and are not boosted OR
Completed the series of J&J **over 2 months ago** and are not boosted

- Stay home for 5 days.
- Test on day 5 if possible.
- After 5 days,
 - Continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for the full 10 days.
- *If you develop symptoms get a test and stay home.*