

CDC Makes Changes to COVID-19 Quarantine and Isolation Protocols

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As of January 9, 2022 the CDC has [updated its recommendations](#) for isolation and quarantine lengths for the general population. This rescinds the previous recommendations issued by CDC on December 27, 2021, and the previous correspondence IRMA provided. These recommendations do not apply to healthcare professionals. For guidance specific to these settings reference [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)

Two important changes to note are that quarantine is not required for those that are [up to date](#) on their vaccines and the length of time to wear a mask post-exposure and post-infection is extended to 10 days.

Additional information about why the CDC changed its guidance can be found [here](#).

As a reminder:

- [Quarantine](#) means you were exposed (being in close contact with someone who has COVID-19) and should stay away from others.
- [Isolate](#) means you are sick or have been infected with the virus, even if you don't have symptoms.
- Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) 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.

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