

Updated Guidance for COVID-19 Isolation and Quarantine

Adopted from guidance issued on January 4, 2022 from:
New York State Department of Health and Centers for Disease Control and Prevention

Isolation for the General Population

Isolation keeps someone who is infected/positive with COVID-19 away from others.

- Anyone who tests positive for COVID-19 regardless of vaccination status must isolate. Isolate for 5 days (where day 0 is the day symptoms started, or day you test positive if asymptomatic).
- If you have remained symptom-free or if symptoms are resolving, you can end isolation after 5 days. (Loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation).
- If you continue to have a fever or your other symptoms have not improved after 5 days of isolation, you should continue to isolate for 10 days and consult your primary care physician. You should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved
- You should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period.
- If you are moderately to severely immunocompromised, isolate for 10 days.
- Individuals not able to wear mask should isolate for 10 days.

Quarantine for the General Population

Quarantine keeps someone who was exposed to COVID-19 away from others.

- If you have been in close contact with someone with COVID-19, quarantine as follows, where day 0 is the last date of exposure:
- If not fully vaccinated* or fully vaccinated and eligible for a booster but not yet boosted, quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days.
- If fully vaccinated and boosted* (with the booster at least 2 weeks before the first date of exposure) or fully vaccinated and not yet eligible for a booster, no quarantine is required.
- If you have recovered from COVID-19 in the last 90 days, no quarantine is required.
- You should wear a well-fitting mask around others for 10 days from the date of your exposure.
- If possible, get tested at day 5. If you test positive, isolate according to the guidance above.
- If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above.

*See definition on page 2

Vaccination Definitions for Quarantine Determinations:

Fully Vaccinated:

- You are considered fully vaccinated two weeks after your second dose of Pfizer or Moderna vaccine, or two weeks after a single dose of the Johnson & Johnson vaccine and
- Are not yet eligible for a booster

Fully Vaccinated and Boosted:

- You are fully vaccinated as defined above, and
- You received the booster dose at least 2 weeks before the first date of exposure

Vaccine Eligibility as of January 7, 2022:

Ages 5-11	Two doses of Pfizer (21 days apart); these ages are not eligible for a booster.
Ages 12-17	Two doses of Pfizer (21 days apart); booster 5 months after second dose.
Ages 18+	Two doses of Pfizer (21 days apart); booster 5 months after second dose OR
	Two doses of Moderna (28 days apart); booster 6 months after second dose OR
	Single dose of Johnson & Johnson; booster 2 months after single dose

Additional Dose for Some Immunocompromised People:

Some moderately or severely immunocompromised people ages 5+ should get a third dose of vaccine to be considered fully vaccinated. If you are eligible, you should get this additional dose 28 days after your second dose of Pfizer or Moderna vaccine and before you get a booster shot. Consult with your healthcare provider for further guidance.

Special Populations:

K-12 Schools

Same isolation and quarantine guidelines as for the general population above.

High-Risk Congregate Settings (correctional, cruise ships, shelters, etc.):

CDC recommends a 10-day quarantine for residents, regardless of vaccination and booster status.

During periods of critical staffing shortages, facilities may follow the [NYSDOH guidance issued December 24, 2021](#) regarding staff returning to work to ensure continuity of operations.

Healthcare Workers

See [NYSDOH Interim Advisory on Return-to-Work Protocols for Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 in Healthcare Settings issued 1-4-22](#).