

CDC & IDPH Isolation and Quarantine Guidelines

Last updated 8/23/2021

ISOLATION GUIDELINES for those who test positive for COVID-19 (for both vaccinated and unvaccinated individuals):

Those who test positive for COVID-19 should self-isolate until after these three criteria are met:

- They have had no fever for at least 24 hours (without the use of a fever-reducing medication)
- Their symptoms have improved
- At least 10 days have passed since symptoms first appeared or since test date (if asymptomatic)

Close contacts who develop symptoms should follow the same Isolation Guidelines as the person who tested positive for COVID-19.

QUARANTINE GUIDELINES for **unvaccinated** close contacts of someone who has tested positive for COVID-19:

Close contacts should begin their quarantine after the last date they were exposed to the COVID-19 positive individual. They may reduce the length of their quarantine from 14 days via the following options:

- Quarantine can end after Day 10 if no symptoms have developed
- Quarantine can end after Day 7 if the exposed person tests negative (test done on day 5 or later after last exposure) and no symptoms have developed
- *In both cases the individual should continue to monitor for symptoms and wear a mask when around others through Day 14*

Unvaccinated close contacts who have had COVID-19 illness within the previous 3 months and have recovered and who remain asymptomatic do NOT have to quarantine.

Unvaccinated close contacts who have tested antibody positive within 3 months before or immediately following an exposure and who have remained asymptomatic since the current COVID-19 exposure do NOT need to quarantine in low risk situations. Contacts should monitor themselves for symptoms for 14 days.

GUIDELINES for **vaccinated** close contacts of someone who has tested positive for COVID-19:

Close contacts who are fully vaccinated do NOT need to quarantine unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their last exposure, even if they don't have symptoms. They should wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Please call Community Health Partners at (712)-737-2971 if you have any questions about Isolation or Quarantine Guidelines.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>