

# CDC & IDPH Isolation and Quarantine Guidelines

Last updated 12/28/2021

## If You Test Positive for COVID-19 (Isolate):

### For everyone, regardless of vaccination status:

- Stay home for 5 days
- If your symptoms are resolving after 5 days, or if you had no symptoms and 5 days have passed, you can leave your house
- Continue to wear a mask around others for 5 additional days

*If you have a fever, continue to stay home until your fever resolves*

## If You Were Exposed to Someone with COVID-19 (Quarantine):

### If you:

- Have had a COVID-19 booster OR
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR
- Completed the primary series of J&J vaccine within the last 2 months

### Then:

- 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:

- Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR
- Completed the primary series of J&J over 2 months ago and are not boosted OR
- Are unvaccinated

### Then:

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days
- If you can't quarantine you must wear a mask for 10 days
- Test on day 5 if possible

*If you develop symptoms get a test and stay home*

Please call Community Health Partners at (712)-737-2971 or email [chp@siouxcountychnp.org](mailto:chp@siouxcountychnp.org)  
if you have any questions about Isolation or Quarantine Guidelines