

# ISOLATION & QUARANTINE GUIDANCE

For isolation and quarantine of the general population, follow the CDC recommendations as follows:  
[\(CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population\)](#)

## ISOLATION

### If You Test Positive for COVID-19

Everyone, regardless of vaccination status:

- Isolate at home for 5 days.
  - where day “0” is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen
- **If you have no symptoms or your symptoms are resolving\* after 5 days**, you can end isolation and return to school or work.
- You must continue to wear a mask around others for 5 additional days.
  - Individuals who are unable to wear a well-fitting mask for 5 days after a **5-day** isolation should also follow standard (i.e., not shortened) [Isolation Guidance](#).
- Individuals who are moderately-severely immunocompromised should continue to follow standard (i.e., not shortened) [Isolation Guidance](#).
- If symptomatic and no COVID testing is completed, individuals would be required to isolate for 10 days.

## QUARANTINE

### If You Were Exposed to Someone with COVID-19

If you:

Completed the primary series of Pfizer or Moderna vaccine

OR

Completed the primary series of J&J vaccine

OR

Had a lab confirmed positive COVID-19 test within the last 90 days

- 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:

Are unvaccinated

- 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*

\* The individual is asymptomatic, or, if they had mild symptoms, they must meet the following to return to school or work:

- Not have a fever for at least 24 hours without fever-reducing medication
- Have resolution of symptoms or, if still with residual symptoms, then all are improving
- Not have rhinorrhea (runny nose)
- Have no more than minimal, non-productive cough (i.e., not disruptive to school or work and does not stop the person from wearing their mask continuously, not coughing up phlegm)

In the event the LHD issues alternative guidance, adhere to the LHD guidance for the school community. As more information becomes available about appropriate isolation and quarantine durations with the Omicron variant, and as formal CDC guidance becomes available, NYSDOH will evaluate and update State guidance accordingly.

SOURCES: • [https://apps.health.ny.gov/pub/ctrldocs/alrtview/postings/NYS\\_Updated\\_Isolation\\_and\\_Quarantine\\_Guidance\\_01042022\\_1641333320555\\_0.pdf](https://apps.health.ny.gov/pub/ctrldocs/alrtview/postings/NYS_Updated_Isolation_and_Quarantine_Guidance_01042022_1641333320555_0.pdf)  
• <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>