



Date: January 13, 2022

To:

**Updated Isolation & Quarantine Guidance**

**Please distribute immediately to:**

Communicable Disease Control, Commissioner or Public Health Director, School District Administrators, School Nurses, Congregate Care Setting Directors

**Background**

New York State is experiencing record numbers of COVID-19 cases and extremely high hospitalizations ([New York State COVID-19 data](#)) that are stressing healthcare system and public health response capacity.

Between December 27, 2021 and January 10, 2022, the Centers for Disease Control and

Who does **Not** Have to Quarantine After Close Contact with Someone With COVID-19?

- x Anyone ages 12 or older and who has received all [CDC recommended COVID-19 vaccine doses](#), including [boosters](#) if eligible and [additional primary shots](#) for some

the last close contact with someone with COVID-19, isolation can end after day 5 **if** there have been **NO** [COVID-19 symptoms](#) throughout the 5-day period. Continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after the date of the last close contact with someone with COVID-19.

- o Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- x If possible, stay away from people in the home, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside the home throughout the full 10 days after the date of the last close contact with someone with COVID-19.
- x All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason should continue to quarantine for 10 days. During this time, avoid people who are [immunocompromised or at high risk for severe disease](#), or living in nursing homes and other high-risk settings.

## New York State Approach to COVID-19 Isolation

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

### Who Has to Isolate?

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- x People who have a [positive viral test](#) (e.g. antigen or PCR) for COVID-19, regardless of whether or not they have [symptoms](#).
- x People with [symptoms](#) of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

### How to Isolate

- x Stay home, in a separate room from other household members if possible, for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive test for asymptomatic persons).
- x Use a separate bathroom if available.
- x Wear a [well-fitting mask](#) when it is not possible to be separate from others in the home.
- x Monitor your [symptoms](#). If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- x Take steps to [improve ventilation at home](#), if possible.
- x Avoid contact with other members of the household and pets.
- x Don't share personal household items, like cups, towels, and utensils.

### Ending Isolation

For people who had symptoms but were not hospitalized for COVID-19

- x Isolation ends after 5 full days if the individual is fever-free for 24 hours without the use of fever-reducing medication and other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- x 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 the 5-day isolation period.
- x All children under the age of 2 years, who are not recommended to wear masks, as well as others who cannot wear a well-fitting mask for any reason, must isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- x If fever continues or other symptoms have not improved after 5 days of isolation, continue to isolate until there is no fever for 24 hours without the use of fever-reducing medication and other symptoms have improved. Continue to wear a [well-fitting mask](#) when around others in the home. Consider contacting a healthcare provider.
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[prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

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