



COVID Isolation and Quarantine Guidance

Updated January 4, 2022

The CDC revised their recommended isolation and quarantine guidance. The RASD Health & Safety Plan indicates we will follow the current guidelines. Please do not hesitate to contact the Nurse’s Office if you have any questions.

IF.....	THEN...
<p>You test positive</p>	<ul style="list-style-type: none"> ● Isolate for 5 days from symptom onset. (if no symptoms, isolate from the date of positive result.) ● If on Day 6, <ul style="list-style-type: none"> ○ You are asymptomatic, fever-free without medication for at least 24 hours, and symptom-free, you may return and MUST wear a well-fitted mask for at least five days. ○ If symptoms remain, you should continue to isolate.
<p>You are identified as a close contact</p> <p>AND</p> <p>You are fully vaccinated*</p>	<ul style="list-style-type: none"> ● You do not need to be isolated but you MUST wear a well-fitted mask around others for ten (10) days. ● The CDC recommends you take a PCR test on Day 5. <p style="text-align: center;"><i>If you develop symptoms, get a test and stay home.</i></p>
<p>You are identified as a close contact</p> <p>AND</p> <p>You are unvaccinated or NOT fully vaccinated*</p>	<ul style="list-style-type: none"> ● Quarantine for five (5) days from the date of exposure. ● Wear a well-fitted mask around others through the tenth (10) day. ● The CDC recommends you take a PCR test on Day 5. <p style="text-align: center;"><i>If you develop symptoms, get a test and stay home.</i></p>

*The CDC defines **fully vaccinated** as:

- Those individuals who have received a booster and two weeks have passed since the dose; or
- Those individuals who have completed the primary series of Pfizer or Moderna vaccine within the last six (6) months and therefore are not eligible for a booster.
- Those individuals who have completed the primary series of the J&J vaccine within the last two (2) months.

As this may change, please feel free to review the information on the CDC website, <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>