



Ottawa County Department of Public Health Updates Guidance on COVID-19 Isolation and Quarantine to Align with Newly Released CDC Guidelines

On December 27, 2021, [the Centers for Disease Control and Prevention \(CDC\)](#) published new guidance shortening the recommended time for isolation for those with COVID-19 from 10 days to five days, if they have no symptoms or greatly improved symptoms and are fever-free for 24 hours, without fever reducing medication, followed by five days of wearing a well-fitting mask when around others. The CDC stated that the change is motivated by science demonstrating that most of the SARS-CoV-2 transmission occurs early in the course of illness, generally in the first one to two days before symptoms occur, and two to three days after symptoms occur.

Additionally, CDC updated the recommended quarantine period for anyone exposed to someone with COVID-19, citing a reduced incubation time from exposure to infection.

For people who are unvaccinated or who are more than six months past their second Pfizer or Moderna vaccine dose, or more than two months after the J&J vaccine, and not yet boosted, CDC now recommends quarantine at home for five days, followed by strict mask use for an additional five days. Alternatively, if a five-day home quarantine is not feasible, CDC stated that it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a well-fitting mask around others for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day five after exposure. If the COVID-19 test is positive, the individual has COVID-19 and should follow the guidance for isolation. If symptoms occur at any time during the 10 days following an exposure to a person with COVID-19, individuals should immediately isolate at home until a test confirms whether or not symptoms are attributable to COVID-19, and should not gather with others while waiting for test results.

The full statement on the updated guidance can be found [here](#).

The Ottawa County Department of Public Health will modify its isolation and quarantine requirements and recommendations, effective immediately. We expect our communications, policies, procedures, and systems to be updated with this guidance within the next week. In addition, we are in the process of reviewing and updating our school guidance and orders to align more closely with the updated CDC recommendations.

More information can be found by contacting covid19@miottawa.org, calling (616) 396-5266 or visiting miOttawa.org/COVID19. Follow us on Facebook [@miOttawaHealth](https://www.facebook.com/miOttawaHealth) or twitter [@miOCDPH](https://twitter.com/miOCDPH).



COVID-19 Isolation and Quarantine Guidance

Updated by CDC on 12/27/2021

If you test positive for COVID-19 (Isolation)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, 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 been boosted

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

- 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

- 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.

*You should be free of a fever for at least 24 hours, without the use of fever-reducing medication.