

Updated CDC/DPH Guidance on COVID-19 Positive and/or Close Contact Quarantining and Mitigation.

The December 28, 2021 update may be found at:

<https://news.delaware.gov/2021/12/28/dph-to-implement-updated-cdc-guidance-reducing-quarantine-isolation-periods/>

*Note: The CDC has condensed quarantining from 10 to 5 days under certain conditions. Those who test positive for COVID-19 and do **NOT have any symptoms 5 days after the positive test** may leave quarantining and return to work, as long as they wear a “well-fitting” mask at all times while in the company of anyone else.*

The **CDC’s new guidance** tells us:

- All **who either are close contacts to a confirmed positive individual or experience symptoms**, must **personally notify all close contacts themselves** and wear a “well-fitting” mask in all settings for 5 days. CDC also **strongly recommends** securing a COVID-19 test at Day 5 after exposure or if symptomatic. If symptoms occur, individuals should immediately quarantine until a negative test confirms that the symptoms *are not related* to COVID-19.
- For those **who test positive** for COVID-19 **but don’t have symptoms** the isolation period may end after 5 days as long as the individuals wear a “well-fitting” mask in all settings for at least 5 additional days.
- For those **who test positive** for COVID-19 and **do have symptoms**, the isolation period may end **after** 5 days as long as any fever has resolved, and any other symptoms are improving. If the fever persists, isolation must continue until the fever resolves. The individuals must wear a “well-fitting” mask in all settings for 5 additional days once the fever resolves.
- For **close contacts who have received their booster shot, or are fewer than six months out from being fully vaccinated with Pfizer or Moderna or are fewer than 2 months out from their J&J vaccine**, **no quarantine is needed**, but these individuals must wear a “well-fitting” mask for 10 days after exposure to the positive case.
- For **close contacts who are unvaccinated, or more than 6 months out from their second dose of Pfizer or Moderna or 2 months out from their single dose of Johnson & Johnson (*without a booster*)**, quarantine may end after 5 days, followed by “well-fitting” mask use for another 5 days.
- For **vaccinated close contacts who are not yet eligible for a booster** – including students younger than 16 – no quarantine is needed. However, these individuals must wear a “well-fitting” mask for 10 days after exposure to the positive case.