



Onondaga County Health Department

J. Ryan McMahon II, County Executive

Indu Gupta, MD, MPH, Commissioner of Health

John H. Mulroy Civic Center · 421 Montgomery Street, Syracuse, NY 13202

Phone 315.435.3155 · Fax 315.435.5720



Updated Guidance for COVID-19 Isolation and Quarantine

Original Issued January 6, 2022. Adopted from guidance issued by the New York State Department of Health (NYSDOH) and Centers for Disease Control and Prevention (CDC). See list of sources on page 3.

Isolation for the General Population

Isolation keeps someone who is **infected** with COVID-19 away from others. Anyone who tests positive for COVID-19 **regardless of vaccination status** must isolate.

- Isolate for 5 days (where day 0 is the day symptoms started, or day you test positive if asymptomatic).
- You can end isolation after 5 days if you have remained symptom-free OR if symptoms are resolving and you are fever-free for 24 hours without the use of fever-reducing medication. (Loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation.)
- If your symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.
- Wear a [well-fitting mask](#) around other people at home and in public for 10 days (where day 0 is the day symptoms started, or day you test positive if asymptomatic).
- If you are moderately to severely immunocompromised, isolate for 10 days.
- If you are [not able to wear mask](#), you should isolate for 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.

Quarantine for the General Population

Quarantine keeps someone who was **exposed** away from others. The following guidance is for anyone who has had [close contact](#) with infected person (within 6 feet for 15 minutes or more in 24-hours):

- If you are **not fully vaccinated*** or fully vaccinated and [eligible for a booster*](#) **but not yet boosted**, quarantine for 5 days, where day 0 is the last date of exposure. See K-12 school attendance exception on page 2.
- If you are fully vaccinated and not yet eligible for a booster, no quarantine is required.
- If you are up to date* on your vaccination (fully vaccinated and boosted) no quarantine is required.
- If you have recovered from COVID-19 in the last 90 days, no quarantine is required.
- Wear a [well-fitting mask](#) around other people at home and in public for 10 days (where day 0 is the last day of exposure).
- If possible, get tested on day 5. If you test positive, isolate according to the guidance above.
- If you develop symptoms, isolate and get tested immediately. If you test positive, or if testing is not done, isolate according to the guidance above. If you test negative, test again after day 5 from exposure. If positive, isolate according to the guidance above. If negative, quarantine can end.
- If you are [not able to wear a mask](#), you should quarantine for 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.

*See vaccination definitions on page 2

Vaccination Definitions for Quarantine Determinations:

Fully Vaccinated

- You are considered fully vaccinated two weeks after your second dose of Pfizer or Moderna vaccine, or two weeks after a single dose of the Johnson & Johnson vaccine, AND
- You are not yet [eligible for a booster](#)

Up to Date

- You have received ALL recommended COVID-19 vaccines, including a booster dose when eligible.
- You are considered boosted [right after getting your booster dose](#).

Additional Dose for Some Immunocompromised People

Some moderately or severely immunocompromised people ages 5+ should get [an additional dose of vaccine](#) to be considered fully vaccinated. If you are eligible, you should get this additional dose before you get a booster shot. Consult with your healthcare provider for further guidance.

Vaccine Recommendations*

Ages 5-11:	Two doses of Pfizer (21 days apart); these ages are not eligible for a booster
Ages 12-17:	Two doses of Pfizer (21 days apart); Pfizer booster 5 months after second dose
Ages 18+:	Two doses of Pfizer (21 days apart); booster 5 months after second dose OR Two doses of Moderna (28 days apart); booster 5 months after second dose OR Single dose of Johnson & Johnson; booster 2 months after single dose

*See [additional guidance](#) for immunocompromised individuals

Special Populations

K-12 Schools

The same isolation and quarantine guidelines apply to schools as for the general population above with the [exception of the close contact definition](#) excluding students who were between 3 to 6 feet with [proper mask-wearing](#).

Students and school staff who have been in contact with a positive case—regardless of vaccination status or where the exposure took place—may attend school, ride the bus, and participate in school-based extracurricular activities IF THEY:

- are asymptomatic, and
- wear a mask for 10 days, both in and out of school, and
- test regularly

Testing Protocol

Schools may conduct testing on-site or provide at-home tests ([over-the-counter or rapid antigen tests](#) that are approved by the FDA). If individuals/guardians do not comply with testing, students or staff should be excluded from school for the duration of their quarantine period. Individuals* should test:

- Immediately, when an exposure is identified
- Daily, if possible
- No less than twice within 5 days of exposure, with the final test on day 5

Individuals with lab confirmed COVID-19 in the past 3 months do NOT need to get tested, unless they develop symptoms.

Schools are responsible for tracking testing and should be reporting positive take-home test results to the NYS COVID-19 Report Card

Masking

Schools are responsible for ensuring that masks are worn. In situations where students with a mask exemption has been exposed, schools may contact the Onondaga County Health Department Medical Director at 315-435-3280 for guidance.

This guidance also applies to [pre-K classes when located in schools with older grades](#), but it does not apply to other early childhood care settings.

Child Care Settings

The guidance below is in accordance with New York State [guidance issued January 17, 2022](#):

- Children age 2 and older may return to child care after at least 5 days when released from isolation or quarantine and as long as they can **consistently wear a well-fitting mask**.
- Children under age 2, as well as any child who cannot wear a well-fitting mask for any reason, should remain out of child care until after day 10 (where day 0 is the day of symptom onset, day of positive test if asymptomatic, or last day of exposure to a positive case).
- Child care staff who have been released from isolation or quarantine should **not return to the child care setting until after day 10**. During a critical staffing shortage, child care programs may allow staff to return to work before 10 days as long as they have been released from isolation or quarantine and are able to wear a well-fitting mask.

High-Risk Congregate Settings

These include corrections, shelters, group homes or other residential care settings.

- **Residents** must isolate or quarantine for 10 days, regardless of vaccination status.
- **Staff** should follow the isolation and quarantine release guidelines for the general population outlined in this document, but **should not return to work until after day 10** (where day 0 is the day of symptom onset, day of positive test if asymptomatic, or last day of exposure to a positive case).
- During a [critical staffing shortage](#), congregate settings may allow staff who have been released from their isolation or quarantine to return to work before 10 days if they meet criteria outlined in the [NYSDOH Return to Work Guidance issued 12-24-21](#).

Healthcare Settings

Healthcare settings should follow NYSDOH guidance for healthcare personnel return to work issued on [December 24, 2021](#) and [January 4, 2022](#).

CDC and NYSDOH Guidance

The guidance in this document is adopted from the following:

- Jan 4, 2022: [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#) | Updated [1-20-22](#).
- Jan 4, 2022: [NYSDOH Interim Updated Isolation & Quarantine Guidance](#) | Updated [1-14-22](#).
- Jan 10, 2022: [NYSDOH Clarification to Quarantine and Isolation in the School Setting](#)
- Jan 17, 2022: [NYS Office of Children and Family Services Updated Guidance for Child Care Settings](#)
- Feb 9, 2022: A person is considered “boosted” and up to date [right after getting their booster dose](#).
- March 1, 2022: [New Masking Guidance Update, Supplemental Information, NYSDOH](#)

This guidance will be continuously updated to reflect any future changes to CDC and NYSDOH isolation and quarantine guidance and vaccine recommendations.

Updated 3-24-22