



Onondaga County Health Department

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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.
 - Asymptomatic, fully vaccinated K-12 students, teachers, and staff who are eligible for but not yet received a booster [may attend school and ride the bus](#) (no extracurricular/after-school activities) and remain in quarantine outside of school.
- If you are fully vaccinated and not yet eligible for a booster, no quarantine is required.
- If you are fully vaccinated and received the booster dose at least 2 weeks before the first date of exposure, 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](#)

Fully Vaccinated and Boosted

- You are fully vaccinated as defined above, AND
- Two weeks have passed since you received the booster dose

Additional Dose for Some Immunocompromised People

Some moderately or severely immunocompromised people ages 5+ should get a third dose of vaccine to be considered fully vaccinated. [If you are eligible](#), you should get this additional dose 28 days after your second dose of Pfizer or Moderna vaccine and before you get a booster shot. Consult with your healthcare provider.

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

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](#).

Asymptomatic fully vaccinated students, teachers, and staff who have been exposed to an individual with COVID-19 [may continue to attend or work at school](#), **regardless of booster status**, while quarantined outside of school. Continued attendance applies only to participation in classroom activities and taking the bus to and from school. If the school has a test-to-stay program, these individuals should participate in the program. If the school does not have a test-to-stay program, then it is strongly encouraged to test at days 2-3 (or the first school day after the exposure) and day 5. 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](#)

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

Updated 1-20-22