



CDC Update – Revised COVID Guidelines 12.27.21 – With Examples 1.18.22

We adopted the revised CDC guidelines for quarantine and testing, released on Monday 12/27/21. Here they are again, in detail with modifications and examples.

DEFINITIONS

Exposure – contact with someone infected with COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact – someone who was less than 6 feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Quarantine – if you were exposed, you quarantine and stay away from others when you have been in close contact with someone who has COVID.

Isolate – if you are sick or test positive, even if you don't have symptoms, you isolate.

Calculating quarantine – The date of your exposure is considered Day 0. **Day 1 is the first full day AFTER your last contact with a person who has COVID-19.**

Calculating isolation –

- **If you get a rapid test or take an at-home test (both are antigen tests), that is Day 0.** If you test positive, Day 1 is the following day.
- **If you get a PCR test, Day 0 is the day you receive your test results.** If you test positive, Day 1 is the day after the test was originally administered.

SCENARIO #1

- **If you test positive for COVID, regardless of whether you are vaccinated or unvaccinated:**
 - Stay home for 5 days and isolate from others in your home. See “Calculating isolation” above. For example:
 - You receive a positive rapid test result on Tuesday. You must remain home Wednesday through Sunday (5 days). Return to work on Monday.
 - You take a PCR test on Tuesday and receive a positive test result on Friday. You must remain home Wednesday through Sunday (5 days). Return to work on Monday.
 - If you continue to have a fever, stay home until it stops.
 - If you are severely ill, stay home for 10 full days.
 - If you have **no** fever or symptoms without the help of medicine after 5 days, you may return to work.
 - You must continue to wear your mask in work. Outside of work, continue to wear a mask around others for 5 additional days.

SCENARIO #2

- **You were in close contact with or were exposed to someone with COVID who you do NOT live with**
- **You have received your booster**
- **You have received both Pfizer or Moderna vaccines in the last 6 months -or- the J&J vaccine within the last 2 months:**
 - You may remain in work and must continue to wear a mask. Outside of work, continue to wear a mask around others for 10 days.
 - Get tested on day #5 after the date of your exposure. For example:
 - You were in close contact with a friend who receives a positive test result on Monday night. You should be tested no earlier than Saturday (5 days from Monday).
 - If you test COVID positive, stay home. Refer to Scenario #1.
 - Keep coming to work if you test negative. Proof of your negative test must be supplied to Human Resources upon your return to work. If the test is an at-home test, a photo of the negative result with your photo ID present is acceptable.

SCENARIO #3

- **If you were in close contact with or were exposed to someone with COVID -or- live with someone who tests positive for COVID**
- **You have NOT received your booster**
- **It has been over 6 months since receiving both Pfizer or Moderna vaccines -or- over 2 months since receiving the J&J vaccine**
- **Or – you are unvaccinated**
 - Stay home for 5 days. For example:
 - Your coworker receives a positive test result on Friday morning. You should be tested no earlier than Wednesday (5 days from Friday).
 - Get a test on day #5 after the date of your exposure.
 - If you test COVID positive, stay home. Refer to Scenario #1.
 - If you test COVID negative, you may return to work and must continue to wear a mask. Outside of work, continue to wear a mask around others for 5 additional days.
 - Proof of your negative test must be supplied to Human Resources upon your return to work. If the test is an at-home test, a photo of the negative result with your photo ID present is acceptable.

SCENARIO #4

- **If you live with someone who tests positive for COVID**
- **You have received your booster**
- **You have received both Pfizer or Moderna vaccines in the last 6 months -or- the J&J vaccine within the last 2 months**
- **Or – you have recovered from COVID in the last 90 days:**
 - You may come into work; you must wear your mask.
 - Get tested on day #5 after the person in your household tests positive. For example:
 - Your spouse receives a positive test result on Wednesday afternoon. You must test no earlier than Monday (5 days from Wednesday)

- If you test COVID positive, stay home. Refer to Scenario #1.
- If you test COVID negative, you may return to work and must continue to wear a mask. Outside of work, continue to wear a mask around others for 5 additional days.
- Proof of your negative test must be supplied to Human Resources upon your return to work. If the test is an at-home test, a photo of the negative result with your photo ID present is acceptable.

- From your COVID Action Response Team (John Sommers, Bob McCann, Cathy Dougan, Chris Gouveia, Jim Morse, Linda Lewis, Rich Fletcher & Rick Lawrence)