



## Guidance on Quarantine and Isolation

Updated as of Dec. 27, 2021

**For additional guidance or questions, call 814-451-6700**

For **quarantine** and **isolation**: Stay home. Do not go to school, work or attend social activities. Do not allow visitors in your home.

Additional for **isolation**: Stay in a specific "sick room" or area and use a separate bathroom if available.

See below for guidance on number of days you are required to quarantine and isolate.

**Quarantine** is for when you might have been exposed to the virus and may or may not have been infected.

**Isolation** is for when you have been infected with the virus, even if you don't have symptoms.

### If You Were Exposed to Someone with COVID-19

You have NO symptoms and	You must	If you develop symptoms at any time	If test results are positive, regardless of vaccination status
Have been boosted <b>OR</b> Completed the primary series of Pfizer or Moderna vaccine within the last 6 months <b>OR</b> J&J vaccine within the last 2 months	Wear a mask around others for 10 days.  Monitor for symptoms & social distance  Test on day 5, if possible.	Get a test and <b>isolate</b> .  Stay home and follow guidance in next column.	You must <b>isolate</b> for 10 days. Day 0 is onset of symptoms or day of test.  Inform your close contacts that you have COVID-19 and that they must quarantine if they are not vaccinated.  You can leave your house after 5 days IF you have no symptoms OR your symptoms are resolving, which means, for 24 hours, without the use of medication, you have:
Have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted <b>OR</b> J&J over 2 months ago and are not boosted <b>OR</b> Are unvaccinated	Must <b>Quarantine</b> . Stay home for 5 days.  Wear a mask around others for 5 additional days. Monitor for symptoms & social distance.  Test on day 5, if possible.  <i>If you live with someone who is positive, stay home while they are in isolation and an additional 5 days after their isolation ends.</i>	Get a test and <b>isolate</b> .  Stay home and follow guidance in next column.	<ul style="list-style-type: none"> <li>• no fever</li> <li>• no vomiting or diarrhea</li> <li>• no sore or painful throat (if present, should be mild enough that pain medication is not needed)</li> </ul> Continue to <ul style="list-style-type: none"> <li>• wear a mask around others for 5 additional days.</li> <li>• monitor for symptoms &amp; social distance.</li> </ul>