

## SUMMARY of CDC and NHDHHS

### REVISED GUIDANCE

as of 1/6/2022

Source: CDC and NHDHHS

[han-covid19-update53-updated-isolation-and-quarantine-guidance \(nh.gov\)](https://www.nhdhhs.gov/han-covid19-update53-updated-isolation-and-quarantine-guidance)

### QUARANTINE

#### A PERSON SHOULD QUARANTINE IF:

- They are either **unvaccinated** or not **“up to date”** on **COVID-10 vaccine doses** (includes booster doses) and they are exposed to a household contact who tests positive for COVID-19.

#### RECOMMENDED ACTIONS

- Stay home and away from others for 5 days after the last exposure.
- Watch for symptoms for COVID-19 for 10 days after the last exposure and **get tested if symptoms develop**.
- Even if no symptoms develop, get tested 5 days after exposure (PCR preferred, antigen/rapid acceptable), if positive, move to isolation.
- Wear a mask for 10 days after the last exposure when around other people (i.e. first 5 days of quarantine and days 6-10 after quarantine).
- Avoid people who are immunocompromised or at high risk for severe disease until at least 10 days have passed from the last exposure.
- Avoid travel until 10 days has passed from the last exposure.

#### A PERSON DOES NOT NEED TO QUARANTINE IF:

- They are exposed to someone in a community setting (i.e. non-household contact).
- They are exposed to a household contact, but they are **“up to date”** on **receiving all recommended COVID-19 vaccine doses**.
- They are exposed to an **unvaccinated household contact** but they are within 90 days of testing positive for COVID-19 (antigen or PCR-based testing)

#### RECOMMENDED ACTIONS

- Wear a mask while around other people for 10 days from the last exposure (especially while indoors).
- **If COVID-19 symptoms develop, stay home and get tested**.
- Even if no symptoms develop, get tested 5 days after exposure (PCR preferred, antigen/rapid acceptable), is positive, move to isolation.
- If test for COVID-19 is positive, follow isolation recommended actions.