



COVID- 19 Updated Quarantine and Isolation Guidelines (Non-Healthcare) 1/19/2022



Public Health
Prevent. Promote. Protect.
Burlington County Health Department

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

You should:

- Stay home for 5 days.
- If you have no symptoms or your symptoms are getting better after 5 days, you can leave your house.
 - *If you have a fever, continue to stay home until fever free without using fever reducing medicines for 24 hours*
- Keep wearing a well-fitting mask around others for 5 more days.

More ways to stay safe during/after isolation (everyone)

- **MASK:** Keep wearing a well-fitted mask when around others at home and in public through day 10. For those ending isolation on day 5, this would be during days 6 through 10. Persons who cannot wear a mask when around others should stay home and isolate from other people for a full 10 days.
- **TRAVEL:** Avoid travel until a full 10 days after your first day of symptoms or if asymptomatic, after the date of the positive test. If you must travel on days 6-10, wear a well-fitting mask when around others for the entire time you travel. Persons who cannot wear a mask should not travel during the 10 days.
- **AVOID HIGH-RISK ACTIVITIES:** Avoid people who are immunocompromised or at high risk for severe disease, including nursing homes and other high-risk settings; do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days.

If You Were Exposed to Someone with COVID-19 (Quarantine)

<p>Who DOES NOT need to quarantine:</p> <ul style="list-style-type: none">• Persons \geq 12 years old who completed a primary series of COVID-19 vaccine (2 shots of Moderna or Pfizer vaccine and one does of Johnson and Johnson) AND have received a booster• Children 5-11 years old who completed the primary series of COVID-19 vaccine.• Persons who had confirmed COVID-19 within the last 90 days (positive viral test).	<p>You should:</p> <ul style="list-style-type: none">• Wear a well-fitting mask around others for 10 days.• Test on day 5, if you can. <p><i>If you develop symptoms get a test and stay home.</i></p>
<p>Who DOES need to quarantine?</p> <ul style="list-style-type: none">• Persons \geq 12 years old who completed the primary series (2 shots) of Pfizer or Moderna vaccine over 5 months ago and <u>are not boosted</u>• Completed the primary series (1 shot) of J&J over 2 months ago and <u>are not boosted</u>• Are unvaccinated or haven't completed their vaccine series	<p>You should:</p> <ul style="list-style-type: none">• Stay home and away from other people for at least 5 days (day 0 through day 5) after the last close contact with a person who has COVID-19. The date of the exposure is considered day 0. For those ending quarantine on day 5, this would be during days 6 through 10, continue to wear a well-fitted mask when around others at home and in public through day 10• If COVID-19 symptoms start, get tested and follow isolation recommendations.• If asymptomatic, get tested at least 5 days after the last close contact.<ul style="list-style-type: none">○ If the test is positive, follow isolation recommendations.○ If the test is negative, you can end quarantine after day 5.○ If testing is not available, you can end quarantine after day 5 (as long as there were no COVID-19 symptoms throughout the 5-day period).

Other ways to stay safe during/after quarantine (everyone)

MASK: For those ending quarantine on day 5, this would be during days 6 through 10, continue to wear a well-fitted mask when around others at home and in public through day 10. Persons who are unable to wear a mask when around others should stay home and quarantine from other people for a full 10 days.

TRAVEL: Get tested at least 5 days after your last close contact and make sure the test result is negative and you remain without symptoms before traveling. If testing is not available, delay travel until a full 10 days after the last close contact. If travel is necessary before the 10 days are completed, wear a well-fitting mask around others for the entire duration of travel. Persons unable to wear a mask should not travel during the 10 days.

AVOID HIGH-RISK ACTIVITIES: Avoid people who are immunocompromised or at high risk for severe disease, including nursing homes and other high-risk settings; do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days has passed.