

COVID-19 QUARANTINE / ISOLATION

Guidance for general public *congregate facilities, healthcare agencies and schools, may have different guidance



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19

If you:

Have been boosted

OR

Have had 2 shots of Pfizer or Moderna vaccine within the last 6 months

OR

Have had 1 shot of J&J vaccine within the last 2 months

- At-home quarantine not required
- Wear a mask around others for **10 days**
- Test on **day 5** after exposure if possible

If you:

Are unvaccinated

OR

Have had 2 shots of Pfizer or Moderna vaccine and were **NOT boosted** once eligible

OR

Have had 1 shot of the J&J vaccine over 2 months ago and are **NOT boosted**

- Stay home for **5 days**. On day 6, you may resume activities and will need to continue to wear a mask around others for **5 more days**
- If you can't quarantine, you must wear a mask for **10 days** around others
- **Test** on day 5 after exposure



ISOLATION

keeps someone who is sick **OR** has tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available). If you are sick, but have a negative test, continue to follow isolation guidance

Isolation applies to everyone regardless of vaccination status

- Stay home for **5 days**
- The day you test positive or start symptoms is day 0

If you:

- Have **no symptoms** or **your symptoms are getting better** after 5 days, you can leave your house on day 6
- Wear a mask any time you are around others for **5 more days**

If you:

- Still have fever, or symptoms have not improved after 5 days, stay home **until you are fever free for 24 hours** (without fever reducing medicine) **AND** other symptoms have improved
- Wear a mask any time you are around others for **5 more days**

Resources

- Garfield Public Health Isolation Quarantine: <https://www.garfield-county.com/public-health/isolation-quarantine/>
- Garfield Public Health COVID-19: <https://www.garfield-county.com/public-health/novel-coronavirus/>
- CDC COVID-19: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus/)

