



Guidance on Quarantine and Isolation

Updated as of Jan. 7, 2022

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 OR Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR Have received the J&J vaccine within the last 2 months OR Are under 18 and have completed your 2 dose vaccination course	Wear a mask around others for 10 days. Monitor for symptoms & social distance whenever possible. Test on day 5, if possible.	Get a test and isolate . Stay home and follow guidance in next column.	You must isolate for 5 days. Day 0 is onset of symptoms or day of test. IF you can get an antigen test on day 5 and the result is positive, Isolate for the full 10 days. 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, or 24 hours, without the use of medication, you have: <ul style="list-style-type: none"> • no coughing or sneezing • no sore or painful throat (if present, should be mild enough that pain medication is not needed) • no fever • no vomiting or diarrhea You must continue to wear a mask around others for 5 additional days, monitor for symptoms & social distance whenever possible.
Are 18 years or older and have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR You are 18 years or older and have received the J&J vaccine over 2 months ago and are not boosted OR Are unvaccinated	Must Quarantine . Stay home for 5 days. Wear a mask around others for 5 additional days. Monitor for symptoms & social distance whenever possible. 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 isolate . Stay home and follow guidance in next column.	You must continue to wear a mask around others for 5 additional days, monitor for symptoms & social distance whenever possible. <i>If you are unable to meet these requirements, i.e. you still have symptoms or you are unable to be fully masked at all times when in public, you must isolate for 10 days.</i>

You do not need to quarantine following an exposure, IF you have had a laboratory-confirmed positive COVID-19 test result within the past 90 days, have recovered, and no longer have symptoms.