



Onondaga County Health Department

J. Ryan McMahon II, County Executive

Indu Gupta, MD, MPH, Commissioner of Health

John H. Mulroy Civic Center · 421 Montgomery Street, Syracuse, NY 13202

Phone 315.435.3155 · Fax 315.435.5720



Updated Guidance for COVID-19 Isolation and Quarantine

Issued January 6, 2022

Adopted from guidance issued on January 4, 2022 from the [New York State Department of Health \(NYSDOH\)](#) and [Centers for Disease Control and Prevention](#)

Isolation for the General Population

Isolation keeps someone who is **infected** with COVID-19 away from others. Anyone who tests positive for COVID-19 **regardless of vaccination status** must isolate.

- Isolate for 5 days (where day 0 is the day symptoms started, or day you test positive if asymptomatic).
- You can end isolation after 5 days if you have remained symptom-free OR if symptoms are resolving and you are fever-free for 24 hours without the use of fever-reducing medication. (Loss of taste and smell may persist for weeks or months after recovery and should not delay the end of isolation.)
- If your symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.
- Wear a [well-fitting mask](#) around other people at home and in public for 10 days (where day 0 is the day symptoms started, or day you test positive if asymptomatic).
- If you are moderately to severely immunocompromised, isolate for 10 days.
- Individuals [not able to wear mask](#) should isolate for 10 days.

Quarantine for the General Population

Quarantine keeps someone who was **exposed** to COVID-19 away from others. The following guidance is for anyone who has been in [close contact](#) with someone with COVID-19:

- If you are **not** [fully vaccinated](#)* or fully vaccinated and [eligible for a booster](#)* **but not yet** boosted, quarantine for 5 days, where day 0 is the last date of exposure.
- If you are fully vaccinated and not yet eligible for a booster, no quarantine is required.
- If you are fully vaccinated and received the booster dose at least 2 weeks before the first date of exposure, no quarantine is required.
- If you have recovered from COVID-19 in the last 90 days, no quarantine is required.

Regardless of the need to quarantine, anyone who has been exposed to COVID-19 should:

- Wear a [well-fitting mask](#) around other people at home and in public for 10 days (where day 0 is the last day of exposure).
- If possible, get tested at day 5. If you test positive, isolate according to the guidance above.
- If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above.

*See vaccination definition on page 2

Vaccination Definitions for Quarantine Determinations:

Fully Vaccinated

- You are considered fully vaccinated two weeks after your second dose of Pfizer or Moderna vaccine, or two weeks after a single dose of the Johnson & Johnson vaccine, and
- You are not yet [eligible for a booster](#)

Fully Vaccinated and Boosted

- You are fully vaccinated as defined above, and
- Two weeks have passed since you received the booster dose

Additional Dose for Some Immunocompromised People

Some moderately or severely immunocompromised people ages 5+ should get a third dose of vaccine to be considered fully vaccinated. [If you are eligible](#), you should get this additional dose 28 days after your second dose of Pfizer or Moderna vaccine and before you get a booster shot. Consult with your healthcare provider for further guidance.

Vaccine Recommendations

Ages 5-11: Two doses of Pfizer (21 days apart); these ages are not eligible for a booster

Ages 12-17: Two doses of Pfizer (21 days apart); Pfizer booster 5 months after second dose

Ages 18+: Two doses of Pfizer (21 days apart); booster 5 months after second dose OR
Two doses of Moderna (28 days apart); booster 5 months after second dose OR
Single dose of Johnson & Johnson; booster 2 months after single dose

Special Populations

K-12 Schools

The same isolation and quarantine guidelines apply to schools as for the general population above with the [exception of the close contact definition](#) excluding students who were between 3 to 6 feet with [proper mask-wearing](#).

Childcare Settings

Staff and children in childcare settings should follow the isolation and quarantine release guidelines for the general population outlined in this document, but should **not return to the childcare setting until after day 10** (where day 0 is the day of symptom onset, day of positive test if asymptomatic, or last day of exposure to a positive case).

- In childcare settings that provide school-aged childcare, **school-aged children** who have been released from isolation or quarantine may return to the school-age program before 10 days **ONLY** if the program provides a separate classroom for school-aged children and the program follows K-12 regulations (spacing, mask wearing, etc.).
- During a [critical staffing shortage](#), childcare programs may allow staff who have been released from their isolation or quarantine to return to work before 10 days if they meet criteria outlined in [the NYSDOH Return to Work Guidance issued 12-24-21](#).

High-Risk Congregate Settings

These include corrections, shelters, group homes or other residential care settings.

- **Residents** must quarantine for 10 days, regardless of vaccination status.
- **Staff** should follow the isolation and quarantine release guidelines for the general population outlined in this document, but **should not return to work until after day 10** (where day 0 is the day of symptom onset, day of positive test if asymptomatic, or last day of exposure to a positive case).
- During a [critical staffing shortage](#), congregate settings may allow staff who have been released from their isolation or quarantine to return to work before 10 days if they meet criteria outlined in the [NYSDOH Return to Work Guidance issued 12-24-21](#).

Healthcare Settings

Healthcare settings should follow NYSDOH guidance for healthcare personnel return to work issued on [December 24, 2021](#) and [January 4, 2022](#).

For more information

See a helpful list of frequently asked questions [on the CDC website](#).

Updates

As of 1-8-22, CDC now recommends [booster shots at 5 months](#) after the completion of the primary series of Moderna COVID-19 vaccine for those aged 18 and older.

This guidance will be updated to reflect any future changes to CDC and NYSDOH isolation and quarantine guidance and vaccine recommendations.

Last update: 1-8-22