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### DEPARTMENT OF HEALTH AND HUMAN SERVICES

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## **Technical Bulletin**

#### Date: December 29, 2021

#### Topic: Updated Quarantine Guidance

- **Contact:** Melissa Peek-Bullock, State Epidemiologist, Office of Public Health Investigations and Epidemiology
- To: Public Health Authorities, Health Care Providers and Long-Term Care Facilities

#### Background:

The Centers for Disease Control and Prevention (CDC) updated the quarantine guidance for persons who have been exposed to COVID-19. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick. Those in quarantine should stay home, separate themselves from others, monitor their health and follow directions from their public health authority.

#### Quarantine Guidance for Unvaccinated and Under-Vaccinated Persons:<sup>1</sup>

For people who are unvaccinated or are more than 6 months out from their second mRNA dose (or more that 2 months after J&J vaccine) and not yet boosted, CDC now recommends a quarantine period of 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. If symptoms develop, immediately self-isolate and get tested for COVID-19.

#### **Quarantine Guidance for Fully Vaccinated Persons**

Persons who have completed the primary series of Pfizer or Moderna vaccine within the past 6 months or completed the J&J within the past 2 months, or those who have received their booster shot do not need to quarantine following an exposure to COVID-19. However, the following must still occur:

- Wear a mask around others for 10 days after known exposure.
- Be tested for COVID-19 on day 5, if possible.
- If symptoms develop, immediately self-isolate and get tested for COVID-19.

# Quarantine Guidance for Health Care Personnel Who Have Not Been Vaccinated or Have completed a Primary Series but have not been Boosted: <sup>2</sup>

Health Care personnel (HCP) who are asymptomatic and are unvaccinated or vaccinated but have not received a booster dose and have been exposed to COVID-19 must follow one of the three strategies:

- 1. Conventional: Quarantine for 10 days *or* 7 days with a negative test on day 5 or later after exposure.
- 2. Contingency: No work restrictions with a negative test on days 1, 2, 3 and 5-7 after exposure.
- 3. Crisis: No work restrictions (test if possible).

<sup>&</sup>lt;sup>1</sup> <u>https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html</u>

<sup>&</sup>lt;sup>2</sup> <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html</u>

#### **Quarantine Guidance for HCP Who Have Been Boosted:**

HCPs are considered "boosted" if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC. HCP who are asymptomatic, boosted and have been exposed to COVID-19 must follow one of the three strategies:

- 1. Conventional: No work restrictions, with a negative test on days 2 and 5-7 after an exposure.
- 2. Contingency: No work restrictions.
- 3. Crisis: No work restrictions.

The full CDC guidance on quarantine of HCP can be found here: <u>https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html</u>.

#### **Questions**:

For updated guidance, please review the DPBH Technical Bulletin <u>website</u> and Nevada's COVID-19 response <u>website</u> regularly.

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