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**DEPARTMENT OF
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DIVISION OF PUBLIC AND BEHAVIORAL HEALTH
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Technical Bulletin

Date: Updated January 31, 2022 (originally issued December 29, 2021)
Topic: Updated Quarantine Guidance
Contact: Melissa Peek-Bullock, State Epidemiologist, Office of Public Health Investigations and Epidemiology
To: Public Health Authorities and Health Care Personnel

Background:

The Centers for Disease Control and Prevention (CDC) updated the quarantine guidance for persons who have been exposed to COVID-19. A person is generally considered exposed to COVID-19 if they were less than 6 feet from someone with COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period. The positive person is considered infectious either 2 days before symptoms begin, or if asymptomatic, 2 days before the positive test was collected.

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others and 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 the General Public:

The following updated quarantine guidance applies to the general public.

Persons Who Are Not Up to Date¹ On COVID-19 Vaccinations² — For people who are unvaccinated or are more than 5 months out from their second mRNA dose (or more than 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.

Persons Who Are Up to Date³ On COVID-19 Vaccinations — Persons who have completed the primary series of Pfizer or Moderna vaccine within the past 5 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 actions must still be taken:

- 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.

¹ https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html

² <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

³ https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html

Persons Who Have Had Confirmed COVID-19 Within the Past 90 Days — Persons who have had confirmed COVID-19 within the past 90 days (meaning they tested positive using a viral test) do not need to quarantine following an exposure to COVID-19. However, the following actions must still be taken:

- Wear a mask around others for 10 days after known exposure.
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If symptoms develop, immediately self-isolate and get tested for COVID-19.

Quarantine Guidance for Health Care Personnel:

In general, asymptomatic Health Care Personnel (HCP) who have recovered from SARS-CoV-2 infection in the prior 90 days **do not** require work restriction following a higher-risk exposure. Higher-risk exposures generally involve exposure of HCP’s eyes, nose, or mouth to material potentially containing SARS-CoV-2, particularly if these HCP were present in the room for an [aerosol-generating procedure](#). [The full CDC guidance on quarantine of HCP can be found online here](#). This CDC guidance applies to all HCP except clinical laboratory personnel and may be utilized for both acute and non-acute settings. Non-acute settings include, but are not limited to, community-based HCP, school-based HCP, outpatient clinics, surgery centers and physician clinics.

HCP Who Have Not Been Vaccinated or Have completed a Primary Series but are not Up to Date^{4,5} — HCP who are asymptomatic and are unvaccinated or vaccinated but have not completed a primary series or have not received a booster dose (if > 2 months have passed since completing a single dose J&J primary series or > 5 months have passed since the second dose of a Moderna or Pfizer primary series) and have been exposed to COVID-19 must follow one of 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. (If shortage of tests, prioritize Day 1 to 2 and Day 5-7).
3. Crisis: No work restrictions (test if possible).

If following either contingency or crisis strategies, HCPs are expected to follow all recommended infection prevention and control practices, including wearing well-fitting source control, monitoring themselves for fever or symptoms consistent with COVID-19 and not reporting to work if ill or if testing positive from SARS-CoV-2 infection.

HCP Who Have Completed a Primary Series and are Up to Date⁶ — HCP are considered up to date if they have received all COVID-19 vaccine doses, including a booster dose, or if they have completed a primary series and ≥ 2 weeks but < 2 months have passed since completing a single dose J&J primary series or ≥ 2 weeks but < 5 months have passed since the second dose of a Moderna or Pfizer primary series, as recommended by the CDC. HCP who are asymptomatic, up to date on COVID-19 vaccination and have been exposed to COVID-19 must follow one of three strategies:

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

HCPs are expected to follow all recommended infection prevention and control practices, including wearing well-fitting source control, monitoring themselves for fever or symptoms consistent with COVID-19 and not reporting to work if ill or if testing positive from SARS-CoV-2 infection.

⁴ https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html

⁵ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

⁶ https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Ffully-vaccinated.html

Questions:

For updated guidance, please review the DPBH Technical Bulletin [website](#) and Nevada's COVID-19 response [website](#) regularly.



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