

# Livingston County Health Department COVID-19 Isolation and Quarantine Recommendations

Livingston County Health Department (LCHD) has updated COVID-19 isolation and quarantine recommendations for the general population to align with Centers for Disease Control and Prevention (CDC) recommendations released on December 27, 2021. These are guidelines for the general population. Schools, congregate settings, and health care facilities may have additional guidance.

For assistance counting isolation and quarantine days, view the LCHD COVID-19 Isolation and Quarantine Visual Guide by visiting <https://bit.ly/3K5UAid>.

## If You Test Positive for COVID-19 (Isolation Recommendations for the General Population)

**Everyone in the general population, regardless of vaccination status.**

### Isolation recommendations:

- Self-isolate at home for a minimum of 5 days after symptom onset (or test collection date if asymptomatic). Stay home except to seek medical care.
  - If possible, stay away from others in your household. Wear a well-fitting mask if you must be around others. Surgical, KN95, or higher-grade masks are recommended.
- If you are asymptomatic:
  - After 5 days, you can leave your home while wearing a well-fitting mask and taking extra precautions around vulnerable populations.
    - Continue to wear a well-fitting mask while around others for an additional 5 days. Surgical, KN95, or higher-grade masks are recommended.
- If you are symptomatic:
  - After 5 days, if your symptoms have resolved or shown improvement and you have been fever-free for 24 hours (without the use of fever-reducing medication), you can leave your home while wearing a well-fitting mask and taking extra precautions around vulnerable populations.
    - Continue to wear a well-fitting mask while around others for an additional 5 days. Surgical, KN95, or higher-grade masks are recommended.
  - After 5 days, if your symptoms have *not* resolved or shown improvement, continue isolating until symptoms improve/resolve or 10 days have passed since symptom onset. If you have a fever, continue to isolate until your fever goes away.
    - Continue to wear a well-fitting mask while around others until 10 days have passed since symptom onset. Surgical, KN95, or higher-grade masks are recommended.
    - If your symptoms are not resolving or are worsening, seek medical care.

**Additional recommendations from LCHD:** Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- Take a rapid antigen test on day 5 of isolation, if possible.
  - If *negative*, end isolation on day 6 and wear a mask around others through day 10.
  - If *positive*, continue to isolate through day 10.
- If you end isolation on day 6, be more cautious through day 10. Limit being around others as much as you can. If you must be around others, higher quality masks including surgical, KN95, or higher-grade masks are recommended.
- If you are around vulnerable populations (e.g., immunocompromised or elderly people), consider:
  - Continuing isolation for a full 10 days.
  - Receiving a negative rapid antigen test prior to discontinuing your self-isolation.
- If you are unable/unwilling to wear a mask, stay home until 10 days have passed since symptom onset (or test collection date if asymptomatic).
- Avoid travel for 10 days after symptom onset (or test collection date if asymptomatic). If you must travel on days 6-10, wear a well-fitting mask around others.

# Livingston County Health Department COVID-19 Isolation and Quarantine Recommendations

## If You Were Exposed to Someone with COVID-19 (Quarantine Recommendations for the General Population)

### If you:

Have been boosted

#### OR

Completed the primary series of Pfizer or Moderna vaccine within the last 5 months

#### OR

Completed the primary series of J&J vaccine within the last 2 months

#### OR

Were diagnosed with COVID-19 in the last 90 days

### Quarantine recommendations:

- Wear a well-fitting mask around others for 10 days.
- Test on day 5, if possible (PCR or rapid antigen test). *Testing is not necessary for individuals who were diagnosed with COVID-19 within the last 90 days.*
- Monitor for symptoms. If you develop symptoms, get tested, stay home, and avoid contact with others.

**Additional recommendations from LCHD:** Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- If you are around vulnerable populations (e.g., immunocompromised or elderly people), consider:
  - Staying home/quarantining for a full 10 days after exposure.
- If you are unable/unwilling to wear a mask, stay home until 10 days have passed from your most recent exposure to COVID-19.
- Avoid travel for 10 days after exposure. If you must travel on days 6-10, wear a well-fitting mask around others.

### If you:

Completed the primary series of Pfizer or Moderna vaccine over 5 months ago and are not boosted

#### OR

Completed the primary series of J&J over 2 months ago and are not boosted

#### OR

Have not completed a primary COVID-19 vaccine series

#### OR

Are unvaccinated

### Quarantine recommendations:

- Stay home for 5 days. After that, continue to wear a well-fitting mask around others for an additional 5 days.
  - Limit contact with others in your household and in the community. Wear a well-fitting mask if you must be around others.
- If it is not possible for you to self-quarantine at home, wear a well-fitting mask around others for 10 days. Keep activities to essential tasks only.
- Test on day 5 if possible (PCR or rapid antigen test).
- Monitor for symptoms. If you develop symptoms, get tested, stay home, and avoid contact with others.

**Additional recommendations from LCHD:** Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- If you are around vulnerable populations (e.g., immunocompromised or elderly people), consider:
  - Staying home/quarantining for a full 10 days after exposure.
- If you are unable/unwilling to wear a mask, stay home until 10 days have passed from your most recent exposure to COVID-19.
- Avoid travel for 10 days after exposure. If you must travel on days 6-10, wear a well-fitting mask around others.

### Resources:

- CDC Isolation and Quarantine Guidance for the General Population  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- CDC Isolation and Quarantine Updates for Healthcare Personnel  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>
- CDC Guidance for COVID-19 Prevention in K-12 Schools  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
- CDC Guidance for Operating Early Care and Education/Child Care Programs  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/child-care-guidance.html>