

# Updated CDC Isolation and Quarantine Guidance Dec. 28, 2021

Source: [cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html](https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html)

**If You Test Positive for COVID-19 (Then, Isolate).  
Everyone, regardless of vaccination status.**



- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can return to work on day 6.
- Must continue wearing a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

**If You Were Exposed to Someone with COVID-19  
(Then, Wear a Mask Around Others)**

**If you:**

- Have been boosted, **OR**
- Completed the primary series of Pfizer or Moderna vaccine within the last 6 months, **OR**
- Completed the primary series of J&J vaccine within the last 2 months.



- Wear a mask around others for 10 days.
- Test on day 5, if possible.

*If you develop symptoms get a test and stay home.*

**If You Were Exposed to Someone with COVID-19  
(Then, Quarantine)**

**If you:**

- Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted, **OR**
- Completed the primary series of J&J over 2 months ago and are not boosted, **OR**
- Are unvaccinated.



- Stay home for 5 days.
- If you have no symptoms, you can return to work on day 6.
- Must continue wearing a mask around others for 5 additional days.
- Test on day 5 if possible.

*If you develop symptoms get a test and stay home*