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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 18, 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, 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 Persons Who Are Not Up To Date On COVID-19 Vaccinations:¹

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.

Quarantine Guidance for Persons Who Are Up To Date 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.

Quarantine Guidance for 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.

¹ <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

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

Health care personnel (HCP) who are asymptomatic and are unvaccinated or vaccinated but have not received a booster dose (even if within 90 days of prior infection) 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.
3. Crisis: No work restrictions (test if possible).

Quarantine Guidance for HCP Who Have Been Boosted:

HCP are considered “boosted” if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by the CDC. HCP who are asymptomatic, boosted and have been exposed to COVID-19 must follow one of 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: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>. This guidance may be utilized for both acute and non-acute settings, to include community-based HCP, school-based HCP, hospice, outpatient clinics, surgery centers, physician clinics, home health, behavioral health and resident care communities, as examples.

Questions:

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



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² <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>