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**DEPARTMENT OF  
HEALTH AND HUMAN SERVICES**  
DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
*Helping people. It's who we are and what we do.*



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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 Date<sup>1</sup> On COVID-19 Vaccinations<sup>2</sup>** — 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 Date<sup>3</sup> 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.

<sup>1</sup> [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](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)

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

<sup>3</sup> [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](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<sup>4,5</sup>** — 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 Date<sup>6</sup>** — 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  $\geq 2$  weeks but < 2 months have passed since completing a single dose J&J primary series or  $\geq 2$  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.

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<sup>4</sup> [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](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)

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

<sup>6</sup> [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](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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