

What should I do if I'm exposed to someone with COVID-19?

These recommendations directly reflect the updated CDC guidance on isolation and quarantine for the Omicron variant.



DEFINITIONS

Close Contact: a person who was within 6 feet of a person with a lab-confirmed diagnosis of COVID for a cumulative total of ≥ 15 minutes over a 24 hour period

COVID Test Types: PCR (polymerase chain reaction) is preferable over rapid antigen or over-the-counter testing as it is more accurate. However, if PCR tests are not readily accessible, rapid antigen or OTC testing can be used.

Isolation: a state of isolation for persons diagnosed with a contagious, infectious disease

Quarantine: a state of isolation for persons who have been exposed to a contagious, infectious disease

****The answer to the above questions is no, if you:**

- 1) Had the Pfizer or Moderna vaccine series over 6 months ago and are not boosted
- 2) Had the J&J vaccine over 2 months ago and are not boosted
- 3) Are unvaccinated

