

Newton Family Physicians

COVID Quarantine/Isolation Guidelines

(updated 1/3/22)

Isolation = separating people sick with COVID symptoms or testing positive for COVID away from people who are not infected

Quarantine = keeping someone exposed to COVID19 away from others to help prevent the spread of disease

<p>COVID test POSITIVE</p> <ul style="list-style-type: none"> • With or without symptoms • Regardless of vaccination status <p style="text-align: center;">OR</p> <p>COVID test NEGATIVE</p> <ul style="list-style-type: none"> • With multiple typical symptoms • Suspected to be a false negative 	<ul style="list-style-type: none"> • Stay home in isolation. • If you live with others, stay in a separate room or area if able. Use a separate bathroom if available. • Isolation ends when it has been at least 5 days from symptom onset AND no fever for at least 24 hours with no fever reducers AND other symptoms are improving. • Continue to wear a mask around all others (including your household) for at least an additional 5 days.
<p>COVID test negative</p> <ul style="list-style-type: none"> • No symptoms or mild atypical symptoms with no known exposure • Assume true negative 	<ul style="list-style-type: none"> • May return to work once 24 hours symptom free.
<p>EXPOSED to someone with COVID</p> <p style="text-align: center;">UNVACCINATED</p> <p style="text-align: center;">OR</p> <p>completed the primary series of Pfizer or Moderna vaccine <u>over</u> 6 months ago and are not boosted</p> <p style="text-align: center;">OR</p> <p>completed J&J vaccine <u>over</u> 2 months ago and not boosted</p>	<ul style="list-style-type: none"> • Quarantine for 5 days followed by 5 days of strict mask wearing. • Test on day 5 after exposure if possible. • Stay home & get tested if you develop symptoms. <p>We are currently recommending wearing a mask indoors at all times due to the contagious nature of the omicron variant.</p>
<p>EXPOSED to someone with COVID</p> <p style="text-align: center;">VACCINATED and boosted</p> <p style="text-align: center;">OR</p> <p>completed the primary series of Pfizer or Moderna vaccine within the last 6 months</p> <p style="text-align: center;">OR</p> <p>completed J&J vaccine within the last 2 months</p>	<ul style="list-style-type: none"> • Wear a mask around others for 10 days • Test on day 5 after exposure if possible • Stay home & get tested if you develop symptoms <p>We are currently recommending wearing a mask indoors at all times due to the contagious nature of the omicron variant.</p>