

CDC GUIDELINE UPDATE FOR COVID-19

August 12, 2022

Asymptomatic CLOSE CONTACT EXPOSURE:

- No longer need to isolate if you are able to wear a well-fitted mask around others for 10 days.
- Test on Day 6; Continue masking for remaining 5 days if negative. If positive, start isolation.

MILD, symptomatic COVID-19:

- Isolate for at least 5 days after symptom onset and UNTIL fever ends for 24 hours (without the use of fever-reducing medication) and symptoms are improving, May return if able to PROPERLY wear a well-fitted mask around others for another 5 days.
 - Day 0 is the first day of symptoms.
 - If unable to properly mask, isolate for 10 days.
 - If you have moderate symptoms such as shortness of breath, dyspnea, or radiographic respiratory changes, isolate for 10 days.
- Test as soon as possible after symptoms start if you want to avoid OR reduce need for isolation.

SYMPTOMATIC BUT TEST NEGATIVE FOR COVID-19:

- Do not return until you are fever-free for 24 hours without medication and symptoms are improving. You may not have COVID but may have the flu or other viral illness that we do not want to spread.
- A 2nd test after 48 hours is recommended but not required.

Asymptomatic but test positive (never develop symptoms):

- Isolate for at least 5 days after the first positive test. May return if able to properly wear a well-fitted mask around others for another 5 days.
 - Day 0 is the day the specimen was collected for the positive test.
 - If unable to properly mask, isolate for 10 days.
 - If symptoms develop after a positive test, the 5-day isolation period starts over (day 0 changes to the first day of symptoms).

SYMPTOMS MAY include new or worsening:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- **New** loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Consult with your primary healthcare provider if questions.