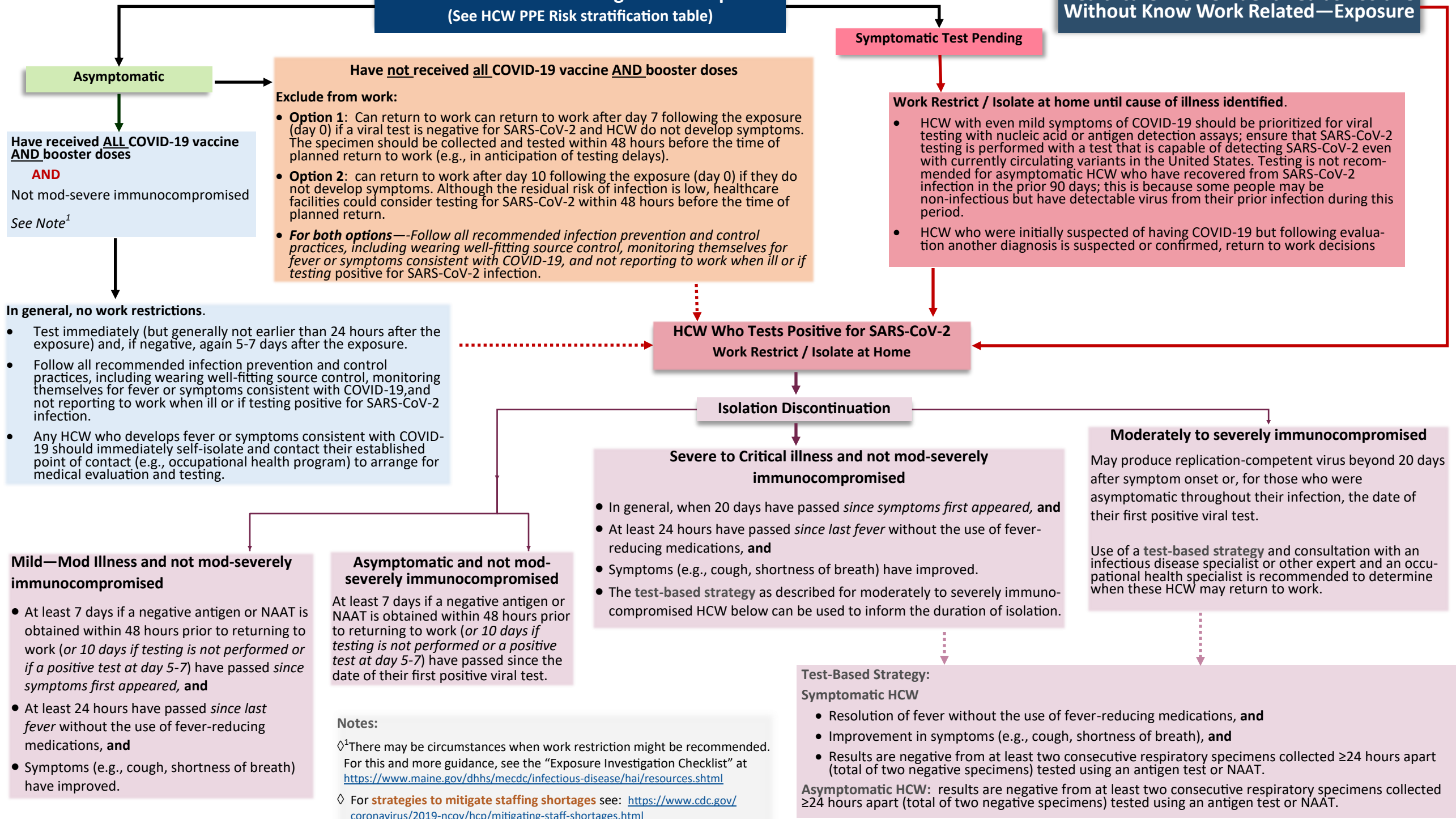


Federal CDC SARS-CoV-2 Healthcare Worker Exposure Guidance

Healthcare Worker with Higher Risk Exposure (See HCW PPE Risk stratification table)

Healthcare Worker Identified as Positive Without Know Work Related—Exposure



Federal CDC SARS-CoV-2 Healthcare Patient / Resident Exposure Guidance

Patient / Resident Scenario	Healthcare Patient / Resident Post-Exposure Prevention Guidance
Fully-vaccinated (completed primary series)	<p>Fully vaccinated patients / residents who are a close contact to someone with a SARS-CoV-2 infection and asymptomatic do not need to be quarantined, restricted to their room, or cared for by HCW using the full PPE recommended for the care of a resident with SARS-CoV-2 infection unless they develop symptoms of COVID-19, are diagnosed with SARS-CoV-2 infection, or the facility is directed to do so by the jurisdiction’s public health authority.</p> <p>They should wear source control & physically distance for 14 days after their exposure. <i>-If they are unable to comply with masking or physical distancing then quarantine may be warranted.</i></p>
Had COVID-19 in past 90 days	<p>Patients / Residents with SARS-CoV-2 infection in the last 90 days do not need to be quarantined, restricted to their room, or cared for by HCW using the full PPE recommended for the care of a resident with SARS-CoV-2 infection unless they develop symptoms of COVID-19, are diagnosed with SARS-CoV-2 infection, or the facility is directed to do so by the jurisdiction’s public health authority.</p> <p>They should wear source control & physically distance for 14 days after their exposure. <i>-If they are unable to comply with masking or physical distancing then quarantine may be warranted.</i></p>
Not-fully vaccinated and have not had COVID-19 in last 90 days	<p>Not-fully vaccinated patients / residents who have had close contact with someone with SARS-CoV-2 infection should be placed in quarantine for 14 days after their exposure, even if viral testing is negative. <i>-HCW caring for them should use full PPE (gowns, gloves, eye protection, and N95 or higher-level respirator).</i></p>
Moderately to severely immunocompromised	<p>Patients/ Residents who have had close contact with someone with SARS-CoV-2 infection should be placed in quarantine for 14 days after their exposure, even if viral testing is negative. <i>-HCW caring for them should use full PPE (gowns, gloves, eye protection, and N95 or higher-level respirator).</i></p>
Other considerations where quarantine may be warranted	<ul style="list-style-type: none"> ♦If the initial diagnosis of SARS-CoV-2 infection might have been based on a false positive test result. ♦In the event of ongoing transmission within a facility that is not controlled with initial interventions, strong consideration should be given to use of quarantine for fully vaccinated patients on affected units and work restriction of fully vaccinated HCW with higher-risk exposures. ♦Note: there might be other circumstances for which the jurisdiction’s public health authority recommends these and additional precautions.

References:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/nursing-home-long-term-care.html>

Federal CDC SARS-CoV-2 General Public (Non-Healthcare) Exposure Guidance

General Public -Exposure to someone with SARS-CoV-2

Close contact: someone who was less than 6 feet away from infected person for a cumulative total of 15 minutes or more over a 24 hr. period.

You are ages 18 or older and have received all [recommended vaccine doses including boosters](#), and [additional primary shots](#) for some immunocompromised people.

You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.

Had confirmed COVID-19 within last 90 days (on positive viral test)

You are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have **not** received a [recommended](#) booster shot when eligible.

You received the single-dose Johnson & Johnson vaccine (*completing the primary series*) over 2 months ago and have **not** received a [recommended](#) booster shot

You are **not** vaccinated or have **not** completed a [primary vaccine series](#).

Actions:

- Wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (*date of last close contact is considered day 0*).
- Get tested at least 5 days after you last had close contact with someone with COVID-19 (*Note: if you tested positive in last 90 days by viral test you do not need to get tested*).
- Wash your hands frequently with alcohol-based hand rub or soap

If you develop symptoms get tested immediately and isolate until you received your test results.

Quarantine:

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- Wash your hands frequently with alcohol-based hand rub or soap and water
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- Do not travel during your 5-day quarantine period. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days are completed, wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

If you **test positive**, you should **isolate** for at least 5 days from the date of your positive test (*if you do not have symptoms*). If you **do develop COVID-19 symptoms**, **isolate** for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the [isolation](#) guidance.

- **If you do not develop symptoms, get tested** at least 5 days after you last had close contact with someone with COVID-19.
 - ◇ If you **test negative**, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
 - ◇ **If you are unable to get a test 5 days after last close contact** with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
 - ◇ Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

References:

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

Federal CDC SARS-CoV-2 General Public (Non-Healthcare) Exposure Guidance

General Public Isolation Guidance

You had symptoms

- Isolate for at least 5 full days. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until a full 10 days after your first day of symptoms. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, **you should not travel during the 10 days.**
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work **until a full 10 days after your first day of symptoms.**

- You can **end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved** (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
 - ◇ You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- **If you continue to have fever or your other symptoms have not improved after 5 days of isolation**, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#). Contact your healthcare provider if you have questions.

If you have access to a test and want to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

Note: ¹As noted in the [labeling for authorized over-the-counter antigen tests](#): Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

You had no symptoms

- Isolate for at least 5 full days. Day 0 is the day of your positive viral test (*based on the date you were tested*) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.
- Do not travel during your 5-day isolation period. After you end isolation, avoid travel until 10 days after the day of your positive test. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, **you should not travel during the 10 days after your positive test.**
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work **until 10 days after the day of your positive test.**

- If you **continue to have no symptoms**, you can end isolation after at least 5 days.
 - ◇ You should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10).
- **If you are unable to wear a mask when around others**, you should continue **to isolate for 10 days**. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- **If you develop symptoms after testing positive**, your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).

If you have access to a test and want to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. If your test result is **positive**, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.

People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with [compromised immune systems](#) might need to isolate at home longer. They may also require testing with a [viral test](#) to determine when they can be around others. **CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for people with weakened immune systems.** Consult with your healthcare provider about when you can resume being around other people.

People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow [current prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

References:

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

<https://www.maine.gov/dhhs/mecdc/infectious-disease/hai/resources.shtml>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-recommendations.html>

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

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/faq.html#Infection-Control>

https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/mitigating-staff-shortages.html>