

The CDC's Updated and Shortened Isolation and Quarantine Recommendations for the General Population

To read the CDC's media release, click [here](#).

Teton County Health Department has implemented these recommendations effective immediately.

UPDATED GUIDANCE FOR ISOLATION

Isolation is for an individual who tests positive for COVID-19

IF YOU:	YOU SHOULD:
<p>Test positive for COVID-19 (regardless of vaccination status)</p>	<p>Isolate 5 days from symptom onset* or positive test (and asymptomatic)*.</p> <p>Release from Isolation on day 6 if the following criteria are met:</p> <ul style="list-style-type: none"> ● Asymptomatic or ● No fever (without the use of fever-reducing medication) for at least 24 hours and ● Other symptoms are improving. ● Please continue to wear a mask for 5 more days. <p><i>*Remember, symptom onset or positive test (asymptomatic) is considered day = 0</i></p>

UPDATED GUIDANCE FOR QUARANTINE

**Quarantine is for an individual who is defined as a close contact*
to a COVID-19 positive individual**

*close contact is defined as within 6 feet or less for 15 minutes or more

IF YOU:	YOU SHOULD:
<p>Are 16 years or older AND Have been boosted OR Completed the primary series (2 doses) of Pfizer or Moderna vaccine within the last 6 months OR Completed the primary series (1 dose) of J&J vaccine within the last 2 months</p>	<p>Wear a mask around others for 10 days.</p> <p>Test on day 5, if possible.</p> <p><i>If you develop symptoms, you should get a test and stay home.</i></p>
<p>Are <u>under</u> the age of 16 (not eligible for a booster dose) AND Completed the primary series (2 doses) of Pfizer or Moderna vaccine OR Completed the primary series (1 dose) of J&J vaccine</p>	<p>Wear a mask around others for 10 days.</p> <p>Test on day 5, if possible.</p> <p><i>If you develop symptoms, you should get a test and stay home.</i></p>
<p>Are 16 years or older AND Completed the primary series (2 doses) of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR Completed the primary series of J&J over 2 months ago and are not boosted OR Are unvaccinated</p>	<p>Stay home for 5 days. After that, you can resume activities as long as you continue to wear a mask around others for 5 additional days.</p> <p>If you cannot quarantine, you must wear a mask for 10 days.</p> <p>Test on day 5, if possible.</p> <p><i>If they develop symptoms, you should get a test and stay home.</i></p>
<p>Are under the age of 16 AND Are unvaccinated</p>	<p>Stay home for 5 days. After that, you can resume activities as long as you continue to wear a mask around others for 5 additional days.</p> <p>If you cannot quarantine, you must wear a mask for 10 days.</p> <p>Test on day 5, if possible.</p> <p><i>If you develop symptoms, you should get a test and stay home.</i></p>
<p>Tested positive for COVID-19 in the past 90 days on a molecular or antigen test</p>	<p>Quarantine at home not needed</p> <p>Wear a mask around others for 10 days after the exposure</p> <p><i>If you develop new symptoms, you should get a test and stay home.</i></p>