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**DEPARTMENT OF  
HEALTH AND HUMAN SERVICES**  
DIVISION OF PUBLIC AND BEHAVIORAL HEALTH  
*Helping people. It's who we are and what we do.*



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## Technical Bulletin

**Date:** Updated January 18, 2022 (originally issued December 29, 2021)

**Topic:** Updated Quarantine Guidance

**Contact:** Melissa Peek-Bullock, State Epidemiologist, Office of Public Health Investigations and Epidemiology

**To:** Public Health Authorities, Health Care Providers and Long-Term Care Facilities

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**Background:**

The Centers for Disease Control and Prevention (CDC) updated the quarantine guidance for persons who have been exposed to COVID-19. Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick. Those in quarantine should stay home, separate themselves from others, monitor their health and follow directions from their public health authority.

**Quarantine Guidance for Persons Who Are Not Up To Date On COVID-19 Vaccinations:<sup>1</sup>**

For people who are unvaccinated or are more than 5 months out from their second mRNA dose (or more than 2 months after J&J vaccine) and not yet boosted, CDC now recommends a quarantine period of 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. If symptoms develop, immediately self-isolate and get tested for COVID-19.

**Quarantine Guidance for Persons Who Are Up To Date On COVID-19 Vaccinations:**

Persons who have completed the primary series of Pfizer or Moderna vaccine within the past 5 months or completed the J&J within the past 2 months, or those who have received their booster shot do not need to quarantine following an exposure to COVID-19. However, the following actions must still be taken:

- Wear a mask around others for 10 days after known exposure.
- Be tested for COVID-19 on day 5, if possible.
- If symptoms develop, immediately self-isolate and get tested for COVID-19.

**Quarantine Guidance for Persons Who Have Had Confirmed COVID-19 Within the Past 90 Days**

Persons who have had confirmed COVID-19 within the past 90 days (meaning they tested positive using a viral test) do not need to quarantine following an exposure to COVID-19. However, the following actions must still be taken:

- Wear a mask around others for 10 days after known exposure.
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If symptoms develop, immediately self-isolate and get tested for COVID-19.

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<sup>1</sup> <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

**Quarantine Guidance for Health Care Personnel Who Have Not Been Vaccinated or Have completed a Primary Series but have not been Boosted:** <sup>2</sup>

Health care personnel (HCP) who are asymptomatic and are unvaccinated or vaccinated but have not received a booster dose (even if within 90 days of prior infection) and have been exposed to COVID-19 must follow one of three strategies:

1. Conventional: Quarantine for 10 days **or** 7 days with a negative test on day 5 or later after exposure.
2. Contingency: No work restrictions with a negative test on days 1, 2, 3 and 5-7 after exposure.
3. Crisis: No work restrictions (test if possible).

**Quarantine Guidance for HCP Who Have Been Boosted:**

HCP are considered “boosted” if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by the CDC. HCP who are asymptomatic, boosted and have been exposed to COVID-19 must follow one of three strategies:

1. Conventional: No work restrictions, with a negative test on days 2 and 5-7 after an exposure.
2. Contingency: No work restrictions.
3. Crisis: No work restrictions.

The full CDC guidance on quarantine of HCP can be found here: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>. This guidance may be utilized for both acute and non-acute settings, to include community-based HCP, school-based HCP, hospice, outpatient clinics, surgery centers, physician clinics, home health, behavioral health and resident care communities, as examples.

**Questions:**

For updated guidance, please review the DPBH Technical Bulletin [website](#) and Nevada’s COVID-19 response [website](#) regularly.



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<sup>2</sup> <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>