

Dear EA Members:

The CDC has recently updated their guidelines on Isolation and Quarantine Periods as of 12/27/2021.

Individuals who are testing positive for COVID

For those testing positive for COVID, the update includes changing the time for isolation from 10 days to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others.

Individuals who are boosted and have been exposed

Those who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Individuals who are unvaccinated or not yet boosted and have been exposed

For those who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, but exposed, the CDC now recommends quarantine for 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.

For the full article from the CDC, [click here.](#)

As always, the EA will do our best to keep you informed of further developments.

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