

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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