

Pennsylvania Department of Health January 7, 2022

COVID 19 Isolation and Quarantine Periods Clarification for the General Public

Quarantine Guidance for Individuals Exposed to COVID-19

People Who DO NOT Need to Quarantine:

For persons who come into close contact with someone with COVID-19 and are in one of the following groups, they do NOT need to quarantine:

- Persons who are 18 or older and have received ALL recommended vaccine doses, including booster and additional primary shots for some immunocompromised individuals.
- Persons who are 5-17 and have completed the primary series of COVID-19 vaccines
- Persons who had confirmed COVID-19 within the last 90 days as diagnosed by a viral test.

People who do not need to quarantine should still wear a well-fitting mask around others for 10 days from the date of the last close contact with someone with COVID-19 (the date of last close contact is considered day 0). Additionally, it is recommended that anyone exposed to COVID-19 should get tested at least 5 days after the last close contact with someone with COVID-19. If that test is positive or the person develops COVID-19 symptoms, they should follow recommendations in the isolation section below. Under our current Health and Safety Plan, if you receive a negative test after day 5 of isolation, the additional days 6-10 masking requirement is no longer required. Tests must be from a medical provider or obtained at your child's school.

Regardless of whether an individual has quarantined for 5 days or has not had to quarantine, people who have been in close contact to someone with COVID-19 should not go to places where they are unable to wear a mask until 10 days after the last close contact with someone with COVID-19.

People who tested positive for COVID-19 with a viral test within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms do not need to quarantine or be tested after close contact, however they should wear a well-fitted mask for 10 days after the exposure. Under our current Health and Safety Plan, if you receive a negative test after day 5 of isolation, the additional days 6-10 masking requirement is no longer required. Tests must be from a medical provider or obtained at your child's school.

If someone develops symptoms consistent with COVID-19, testing is recommended regardless of vaccination status.

PEOPLE WHO DO NEED TO QUARANTINE

For persons who come into close contact with someone with COVID-19 and are in one of the following groups, they should quarantine:

- Persons aged 18 or older and completed the primary series of recommended vaccine but have not received a recommended booster shot when eligible.
- Persons who received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a recommended booster shot.
- Persons who are not vaccinated or have not completed a primary vaccine series.

People who are quarantining should stay home and away from other people for at least 5 days (day 0 through day 5) after the last contact with a person who has COVID-19 and wear a well-fitting mask around others at home where possible. Additionally, these people should monitor for symptoms, including fever (100.4°F or greater); if symptoms develop, they should be tested immediately and isolate until the results are received. If the test is positive, the person should isolate.

For people who share a household with someone who has COVID-19, the close contact's quarantine period (if applicable) starts from the last time they were exposed to the person with COVID-19. If the person with COVID-19 cannot fully isolate, the household contacts who are either unvaccinated or have not received all the recommended doses should quarantine for an additional 5 days AFTER the person with COVID-19 is released from isolation. Any exposures that occur during day 6-10 of the "masking period" are not consider close contacts.