

CENTER FOR DISEASE PREVENTION & CONTROL

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Public Health
 Prevent. Promote. Protect.

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ROCKLAND COUNTY COVID 19 Quarantine and Isolation Guidance 1.5.2022

If You Test Positive for COVID-19 (Isolate)	
Everyone, regardless of vaccination status	<p>Isolate for 5 days, where day 0 is the day of symptom onset or if asymptomatic, the day of testing.</p> <p>If asymptomatic at the end of 5 days or if symptoms are resolving, isolation ends; wear a well-fitting mask while around others for an additional 5 days.</p> <p>*Individuals who are moderately-severely immunocompromised or live-in congregate setting or are unable to wear a well-fitting mask for 5 days after a 5-day isolation should continue 10-day isolation.</p>
If Exposed[†] to Someone with COVID-19 (Quarantine)	
<p>If Boosted OR Completed the primary series of Pfizer or Moderna vaccine < 6 months ago OR Completed the primary series of J&J vaccine < 2 months ago</p>	<p>No quarantine required but wear a well-fitting around others for 10 days after the last date of exposure. Test on day 5, if possible.</p> <p>If symptoms appear, quarantine, and seek testing. If test is negative, quarantine ends. If testing is not done or is positive, complete isolation according to the guidance above.</p>
<p>If: Completed the primary series of Pfizer/Moderna vaccine > 6 months ago and not boosted OR Completed the primary series of J&J >2 months ago and not boosted OR Are unvaccinated /Incompletely Vaccinated</p>	<p>Quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days. Test on day 5, if possible.</p> <p>If symptoms appear, quarantine, and seek testing. If testing is not done or is positive, complete isolation according to the guidance above.</p>
For Healthcare Providers	
	Your employer has final say on the duration of isolation or quarantine, based on staffing requirements and should be in accordance with CDC/NYSDOH guidance and (see next page)

Institutions/Employers may enact policies regarding return to work that are more stringent than the policies listed on this document.

[†] Those who were within 6 feet of a confirmed case for ≥ 15 min. In the P-12 indoor classroom setting **students** who were within 3-6 feet of an infected student where both students were engaged in consistent & correct use of well-fitting masks are not considered close contacts. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting

APPENDIX: I&Q FOR HEALTHCARE PERSONNEL

Work Restrictions for Healthcare Personnel				
	Vaccination status	Conventional	Contingency	Crisis
Infected	Boosted, fully vaccinated	CDC Conventional Strategies : 10 days; or 7 days with negative test; asymptomatic or mildly symptomatic and improving	NYSDOH Shortening Isolation : 5 days, asymptomatic or mildly symptomatic and improving	Facilities contact NYSDOH and follow CDC Crisis Strategies
	UN-boosted, fully vaccinated	CDC Conventional Strategies : 10 days; or 7 days with negative test; asymptomatic or mildly symptomatic and improving	NYSDOH Shortening Isolation : 5 days, asymptomatic or mildly symptomatic and improving	Facilities contact NYSDOH and follow CDC Crisis Strategies
	Not fully vaccinated	CDC Conventional Strategies : 10 days; or 7 days with negative test; asymptomatic or mildly symptomatic and improving	CDC Conventional Strategies : 10 days; or 7 days with negative test; asymptomatic or mildly symptomatic and improving	Facilities contact NYSDOH and follow CDC Crisis Strategies
Exposed	Boosted, fully vaccinated	CDC Conventional Strategies : No work restrictions, negative test on days 2 and 5-7	CDC Contingency Strategies : No work restrictions	CDC Crisis Strategies : No work restrictions
	UN-boosted, fully vaccinated	CDC Conventional Strategies : 10 days, or 7 days with negative test	CDC Contingency Strategies : No work restrictions with negative tests on days 1, 2, 3, and 5-7	CDC Crisis Strategies : No work restrictions (test if possible). Facilities contact NYSDOH if unable to test.
	Not fully vaccinated	CDC Conventional Strategies : 10 days, or 7 days with negative test	CDC Contingency Strategies : No work restrictions with negative tests on days 1, 2, 3, and 5-7	CDC Crisis Strategies : No work restrictions (test if possible). Facilities contact NYSDOH if unable to test.