Revised Isolation and Quarantine Guidance

People with Covid-19 should isolate for five days, and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), should wear a mask for five additional days when around others to minimize the risk of infecting people they encounter.

Additionally, the CDC has revised the recommended quarantine period for anyone in the general public who is exposed to Covid-19. For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than two months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for five days followed by strict mask use for an additional five days.

What's Changed and What to Do

If You Test Positive for Covid- 19 (Isolate)

Everyone, regardless of vaccination status, should isolate if you test positive for Covid-19.

- Stay home for five days.
- If you have no symptoms or your symptoms are resolving after five days, you can leave your house.
- Continue to wear a mask around others for five additional days.
- If you have a fever, continue to stay home until your fever resolves.

If You are Exposed to Someone with COVID-19

If you meet any of the following criteria:

- ·Have been boosted
- ·Completed the primary series of Pfizer or Moderna vaccine within the last six months or
- ·Completed the primary series of J&J vaccine within the last two months

Then:

- ·Quarantine is not required.
- ·Wear a well-fitting mask around others for 10 days.
- ·Test on day five, if possible.

But, if you are exposed and meet these different criteria:

- Completed the primary series of Pfizer or Moderna vaccine over six months ago and are not boosted
- Completed the primary series of J&J over two months ago and are not boosted
- Are unvaccinated and have an exemption

Then:

- Stay home for five days. After that continue to wear a mask around others for five additional days.
- If you can't quarantine, you must wear a mask for 10 days.
- Test on day five, if possible.

If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above.

To learn more and read the NYSDOH's complete guidance, please click here.

For more information about Erie County's protocols, including reporting forms, please click here.

If you have any questions or concerns, please contact the Office of Human Resources. Remember that your health and safety remain our priority. To review other mandatory protocols or workplace safety precautions that remain in place, you can review the college's NYS HERO Act Compliance Policies here.