

Follow CDC's
recommendations
on isolation
and quarantine



COVID-19 ISOLATION & QUARANTINE GUIDANCE

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The Association wants to remind operators of the importance of having and updating policies to protect both you and your employees.

The COVID-19 Operating Guidance that the Association developed and regularly updates continues to carry vetted recommendations for safe operation during the coronavirus.

However, one recent change to guidance related to isolation and quarantine should be noted so you can adjust and update your policies accordingly.

On December 27, 2021, the Centers for Disease Control and Prevention made the following recommendations:



ISOLATION IF YOU *HAVE* THE VIRUS

If you have been diagnosed with COVID-19 (either through a rapid antigen test or PCR test) you should ISOLATE for 5 days. If at that time, or when you reach the following: you are either asymptomatic or the symptoms are resolving—described as having no fever (101.4°F) for 24 hours—you should consider a COVID-19 Rapid Test.

If the test is positive, you are advised to continue your isolation for 10 days from the day your symptoms started.

If the test is negative, you can end your isolation but are advised to wear a mask around other people until day 10 and then wear a [properly fitted mask](#) for 5 additional days.

If you cannot get a test, you should wait to end your isolation until you are fever-free and other symptoms have improved. Continue to wear a properly fitted mask.



QUARANTINE IF YOU HAVE BEEN *EXPOSED* TO THE VIRUS

If you have been

1. Exposed to the virus (defined as in close contact—within 6-ft.—for a cumulative total of 15 minutes or more over a 24-hour period with someone who has COVID-19) and

2. Are either unvaccinated or more than 6 months out from either the second Pfizer or Moderna vaccine dose or more than 2 months past the J&J dose, and

3. Not yet boosted, you should QUARANTINE for 5 days and wear a properly fitted mask for an additional 5 days in any location.

If you have been fully vaccinated and boosted, you do not need to quarantine but should wear a properly fitted mask for 10 days after exposure.

To quarantine, stay home and away from other people for at least 5 days after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a properly fitted mask when around others at home, if possible.

If symptoms (fever, cough, shortness of breath) occur at any point during the quarantine, you should obtain a COVID-19 test to determine if the symptoms are COVID-19 or an unrelated illness.

If you test negative, you can leave your home, but continue to wear a properly fitted mask when around others at home and in public until 10 days after your last close contact with someone with COVID-19.

If you are diagnosed with COVID-19, refer to the ISOLATION protocol.

Check out the CDC's guidance on Isolation vs. Quarantine [here](#).