

Current OCHF Recommendations for COVID-19 Mitigation Integrated with CDC Guidelines

Updated 9/9/2021

Quarantine

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, stay in a specific "sick room" or area, and use a separate bathroom (if available).

- Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Don't share personal household items, like cups, towels, and utensils.
- [Wear a mask](#) when around other people if able.

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had [close contact](#) with someone with COVID-19 should stay home for 14 days **after their last exposure** to that person.

This may mean that the quarantine period could be longer than 14 days. For instance, if you live with someone who tests positive, and they are unable to remain isolated from you, you would isolate for at least 24 days [10 days for them to complete their isolation and 14 days quarantine after, since they are still considered positive until day 10).

- Due to the risk of breakthrough infections, it is currently OCHF's recommendation that vaccinated individuals quarantine as well for 14 days following a known exposure.

People meeting the following criteria may not have to quarantine following exposure:

- Someone who has COVID-19 illness within the previous 3 months **and**
- Has recovered **and**
- Remains without COVID-19 symptoms (for example, cough, shortness of breath) **[loss of smell or taste, shortness of breath, cough, and fatigue may last several weeks and may not warrant quarantine/testing; however, this will be determined by the public health authority or medical provider]**

I think or know I had COVID-19, and I had symptoms

You can be around others after:

- 10 days since symptoms first appeared **and**
- 24 hours with no fever without the use of fever-reducing medications **and**
- Other symptoms of COVID-19 are improving*

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

Note that these recommendations **do not** apply to people with severe COVID-19 or with weakened immune systems (immunocompromised). These individuals may need to isolate for 20 or more days, which should be determined by a medical provider and may require an infectious disease consultation.

For Healthcare Professionals

If you are a healthcare professional who thinks or knows you had COVID-19, you should follow the same recommendations listed above for when you can resume being around others outside the workplace. When you can return to work depends on different factors and situations.

To mitigate staffing shortage, healthcare personnel may be able to decrease quarantine period after possible exposure if they remain symptom free and have 2 negative COVID-19 tests at least 24 hours apart, starting on day 5 or later (may return to work as early as day 7). If symptoms arise, they are to complete the 14-day quarantine and it is recommended they get repeat testing. If they test positive, they will be instructed to following all isolation guidelines and will be restricted from work. It is the employee's responsibility to refrain from work and notify their supervisor of COVID symptoms, exposure, or any positive test results as soon as possible.

Last updated: July 29, 2021

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>

Vaccines

Moderna: 2-dose series

Authorized by EUA for 18 years and older

Pfizer: 2-dose series

Authorized by EUA for 12-15 years of age and FDA approved for 16 years and older

Janssen: Single-dose series

Authorized by EUA for 18 years and older

Booster Doses

When can I get a COVID-19 vaccine booster?

Not immediately. The goal is for people to start receiving a COVID-19 booster shot beginning in the fall, with individuals being eligible starting 8 months after they received their [second dose](#) of an mRNA vaccine (either [Pfizer-BioNTech](#) or [Moderna](#)). This is subject to authorization by the U.S. Food and Drug Administration and recommendation by CDC's Advisory Committee on Immunization Practices (ACIP). FDA is conducting an independent evaluation to determine the safety and effectiveness of a booster dose of the mRNA vaccines. ACIP will decide whether to issue a booster dose recommendation based on a thorough review of the evidence.

What's the difference between a booster dose and an additional dose?

Sometimes people who are [moderately to severely immunocompromised](#) do not build enough (or any) protection when they first get a vaccination. When this happens, getting another dose of the vaccine can sometimes help them build more protection against the disease. This appears to be the case for some immunocompromised people and COVID-19 vaccines. CDC recommends moderately to severely immunocompromised people consider receiving an additional (third) dose of an mRNA COVID-19 vaccine ([Pfizer-BioNTech](#) or [Moderna](#)) at least 28 days after the completion of the initial 2-dose mRNA COVID-19 vaccine series.

In contrast, a "booster dose" refers to another dose of a vaccine that is given to someone who built enough protection after vaccination, but then that protection decreased over time (this is called waning immunity). HHS has [developed a plan](#) to begin offering COVID-19 booster shots to people this fall. Implementation of the plan is subject to FDA's authorization and ACIP's recommendation.

Last Updated: September 1, 2021

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

Helpful Tips for Quarantine

To prevent you from spreading COVID-19, you must restrict activities and limit actions that may put you in contact with others.

- Stay home. Do not go to work, school, or public areas. You may only leave quarantine to get needed medical care.
- Do not allow non-essential visitors.
- Separate yourself from others in your home (unless they are also in quarantine). If you need to be in the same room as other household members:
 - o Wear a mask. If possible, choose a mask that has multiple layers and a snug fit and consider double masking. See Masks for more information including who should not wear a mask.
 - o Keep 6 feet away. If you have to share a room, try setting up the room so that you can stay 6 feet apart, if possible. It is important to stay away from unvaccinated people who are at higher risk of serious illness.
 - o Open windows or use a fan or an air conditioner in shared spaces in the home.
 - o Use a separate bathroom. If this is not possible, disinfect the bathroom after use.
- Do not make or serve food to others, if possible. If there is no one else to prepare and serve food, then be sure to wear a mask and wash your hands frequently.