CDC Updated Guidelines as of 8/11/22

IF COVID POSITIVE:

- CDC is recommending that if you test positive for COVID-19, you stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days. Wear a high-quality mask when you must be around others at home and in public.
    - If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, you may end isolation after day 5.
    - Regardless of when you end isolation, avoid being around people who are more likely to get very sick from COVID-19 until at least day 11.
    - You should wear a high-quality mask through day 10.
- Recommending that if you had moderate illness
- (if you experienced shortness of breath or had difficulty breathing) or severe illness
- (you were hospitalized) due to COVID-19 or you have a weakened immune system, you need to isolate through day 10.
- Recommending that if you had severe illness
- or have a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you. If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.
- Clarifying that after you have ended isolation, if your COVID-19 symptoms worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

IF YOU ARE EXPOSED TO SOMEONE WITH COVID 19:

Individuals who are exposed to COVID-19 are recommended to wear a high-quality mask for 10 days and get tested on day 6 after exposure.
• Quarantine for individuals who are exposed is no longer recommended.
• This is intended to replace PA-HAN-619.
• If you have questions about this guidance, please call your local health department or 1-877-PA-HEALTH (1-877-724-3258).

For further details visit:
https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html