

The Centers for Disease Control and Prevention (CDC) amended their guidelines in August. The new guidelines recommend that you wear a high-quality mask for ten days instead of quarantining if you are exposed to Covid-19 and get tested on day 5. Regardless of vaccination status, you should isolate yourself from others when you have symptoms or test positive.

One should also isolate if you are sick and suspect that you have Covid-19 but do not have test results yet. If your results are negative you can end your isolation. The CDC has updated the following suggestions:

- If your results are positive, follow CDC's full isolation recommendations.
- If your results are negative, you can end your isolation.
- Recommending that if you test positive for COVID-19, you stay home for at least five days and isolate yourself from others in your home. You are likely most infectious during these first five days. Wear a high-quality mask when you must be around others at home and in public.
- If after five days you are fever-free for 24 hours without 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.
- 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.
- Recommending screening testing of asymptomatic people without known exposures will no longer be recommended in most community settings.
- Emphasizing that physical distance is just one component of how to protect yourself and others. When assessing the need to maintain physical distance, it is essential to consider the risk in a particular setting, including local COVID-19 Community Levels and the important role of ventilation. When in question, wear a mask.