

## PNP Update on Quarantine and Isolation for Covid-19

Jan 6<sup>th</sup>, 2022

As the guidance continues to change on the topic of quarantine and isolation time frames, we will do our best to help update and clarify it for our patients and their families.

The most recent revision of the CDC guidance on January 4<sup>th</sup>, can be found here:

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

Please note, though the CDC recommended these updated guidelines be used in schools, it is up to the New Jersey Department of Health to modify its guidelines. Until they are revised, the guidelines for NJ schools are still based on the December 15<sup>th</sup>, 2021 guidelines, which can be found here:

[https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts\\_K12Schools.pdf](https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf)

Some of the important points that were clarified in the CDC revision on 1/4/22:

- **Quarantine is 5 days. Day of exposure is Day 0.** They recommend a test at Day 5 and to continue to monitor for symptoms and mask at all times through Day 10
- **Isolation is also 5 days with day 0 being the 1st day of symptoms** or the day you tested if asymptomatic.
- **Isolation can end on day 6 if fever free for 24 hours AND there is significant improvement in your symptoms** as long as you can continue to wear a well-fitted mask at all times through day 10 to prevent exposing others.
- If you are positive for Covid-19, they suggest that you can consider a test at day 5 and if that test is positive, isolate for 10 days total, but it is not mandatory to test.

We recognize that this information can be confusing and can change rapidly. No guidance is perfect as our public health officials try to find the right balance to help protect our communities.

We will continue to do our best to take care of our patients and our community and thank you for your on-going support and understanding.

The Physicians at PNP