



# 12/29/21 Joint Memorandum: New CDC Isolation & Quarantine Guidance for HCPs & Other Personnel

Due to expected staffing shortages from the Omicron COVID-19 variant, CDC has issued [Interim Guidance for exposed and infected Healthcare Personnel](#), as well as new [Recommended Isolation and Quarantine Period for the General Public](#) (other Fire/Rescue personnel). In short:

### For Healthcare Personnel (HCP):

- **INFECTED** HCP should isolate for 10 days after infection OR 7 days with negative testing. There are also contingency and crisis scenarios (see links and CDC chart below) that could shorten these timeframes even further, but these should only be used if necessary, to avoid disruptions of service, station closures, etc.
- **EXPOSED** HCP are now classified into two categories, (1) Boosted and (2) All Others. Boosted HCP that have been exposed have no restrictions but should be tested on days 2, 5, and 7. All other exposed HCP (Unvaccinated, Vaccinated but NOT boosted, previously infected, etc) should quarantine for 10 days OR 7 days with negative testing. There are also contingency and crisis scenarios (see links and CDC chart below) that could shorten these timeframes even further, but these should only be used if necessary, to avoid disruptions of service, station closures, etc.

### For Other Personnel (non-HCP):

- **INFECTED** personnel should isolate for 5 days, **if asymptomatic**, followed by 5 days of wearing a [wear a well-fitting mask](#) when around others.
- **EXPOSED** personnel who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. It is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a [wear a well-fitting mask](#) for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure.

See chart below for recommendations for HCP and links above for detailed guidance.

## Work Restrictions for HCP With SARS-CoV-2 Infection and Exposures

HCP are considered "boosted" if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC. HCP are considered "vaccinated" or "unvaccinated" if they have NOT received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC.

For more details, including recommendations for healthcare personnel who are immunocompromised, refer to Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 (conventional standards) and Strategies to Mitigate Healthcare Personnel Staffing Shortages (contingency and crisis standards).

### Work Restrictions for HCP With SARS-CoV-2 Infection

Vaccination Status	Conventional	Contingency	Crisis
Boosted, Vaccinated, or Unvaccinated	10 days OR 7 days with negative test <sup>†</sup> , if asymptomatic or mildly symptomatic (with improving symptoms)	5 days with/without negative test, if asymptomatic or mildly symptomatic (with improving symptoms)	No work restriction, with prioritization considerations (e.g., asymptomatic or mildly symptomatic)

### Work Restrictions for Asymptomatic HCP with Exposures

Vaccination Status	Conventional	Contingency	Crisis
Boosted	No work restrictions, with negative test on days 2 <sup>‡</sup> and 5-7	No work restrictions	No work restrictions
Vaccinated or Unvaccinated, even if within 90 days of prior infection	10 days OR 7 days with negative test	No work restriction with negative tests on days 1 <sup>‡</sup> , 2, 3, & 5-7	No work restrictions (test if possible)

<sup>†</sup>Negative test result within 48 hours before returning to work

<sup>‡</sup>For calculating day of test: 1) for those with infection consider day of symptom onset (or first positive test if asymptomatic) as day 0; 2) for those with exposure consider day of exposure as day 0

