

2022 COVID-19 Guidelines

IF you TEST POSITIVE: Everyone, regardless of vaccination status.

DO THIS

- Stay home for 5 days, minimum.
- If you have no symptoms or your symptoms are resolving after 5 days, you may return to work.
- Continue to wear a mask around others for 5 additional days.

If you have a fever stay home until the fever resolves.

IF you have BEEN EXPOSED to someone with COVID-19

- And you have been boosted

OR

- Completed the primary series of Pfizer or Moderna within the last 6 months

OR

- Completed the primary series of J&J within the last 2 months

DO THIS

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

IF you have BEEN EXPOSED to someone with COVID-19

- And you are unvaccinated

OR

- Completed the primary series of Pfizer or Moderna over 6 months ago and you are not boosted

OR

- Completed the primary series of J&J over 2 months ago and you are not boosted

DO THIS

- Stay home for 5 days. Continue to wear a mask around others for 5 additional days.
- If you cannot quarantine, you must wear a mask for 10 days.
- Test on day 5, if possible.

If you develop symptoms, get a test and stay home.

PCR tests like the ones administered at the CIC Stop the Spread site at GCC are the most sensitive and can tell you if you have the virus even if you do not have symptoms. At-home rapid tests are most accurate when someone is showing symptoms.