



## UPDATED COVID-19 QUARANTINE GUIDELINES

In response to the newest recommendations from the CDC, Abound Health has updated its quarantine guidelines. Our top priority remains the health and safety of our staff and the people they serve.

Effective 12/28/21 please follow the below guidelines for both exposure (*closer than 6ft to someone with confirmed COVID for more than 15 min.*) and positive tests from COVID-19:

### If You Were Exposed to Someone with COVID-19 (Quarantine)

#### **If you:**

Have been boosted

**OR**

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

**OR**

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

- **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:**

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

**OR**

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

**OR**

Are unvaccinated

- **Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.**
  - **If you can't 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***

### If You Test Positive for COVID-19 (Isolate)

**Everyone, regardless of vaccination status.**

- **Stay home for 5 days.**
  - **If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.**
  - **Continue to wear a mask around others for 5 additional days.**
- If you have a fever, continue to stay home until your fever resolves.***