



HEALTH SERVICES AGENCY

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Stanislaus County to Align with CDC Isolation and Quarantine Guidance

Stanislaus County - The Centers for Disease Control and Prevention (CDC) has updated the Isolation and Quarantine guidance. This change is based on more current data, which shows that most COVID-19 spread happens in the 1-2 days before symptoms start and the 2-3 days afterward. The new guidance is as follows:

Revised Isolation guidance (If you test positive for COVID-19, regardless of vaccination status):

- Stay home and isolate for at least five days.
 - If you have no symptoms or your symptoms have resolved, you may leave your home after five days if you are able to mask at all times to complete the 10-day isolation.
 - If you still have symptoms, stay home until your symptoms resolve.
- Following isolation, continue to wear a mask around others to complete the ten-day isolation time.

Revised Quarantine guidance (If you were exposed to someone with COVID-19):

If you have been boosted, received your two doses of the Pfizer or Moderna vaccine within the last six months, OR received your J&J vaccine within the previous two months:

- Wear a mask around others for ten days.
- Get tested on day 5.
- If you develop symptoms, get tested and isolate.

If you are eligible for a booster but have not yet received it OR are unvaccinated:

- Stay home for five days. Wear a mask around others for 5 additional days after exposure.
- If the five-day quarantine is not feasible, wear a well-fitting mask at all times when around others for 10 days.
- Get tested on day 5.
- If you develop symptoms, isolate and get tested.

In order to align with guidance from the CDC and the California Department of Public Health, Stanislaus County Public Health is rescinding the local isolation and quarantine orders. Strictly following the CDC guidance is extremely important to reduce the spread of COVID-19, and rescission of these orders should not be taken to indicate otherwise.

Getting vaccinated and getting boosted as soon as eligible provides the best protection against COVID-19 and its variants. This is especially important for children and adults who have chronic conditions that put them at a higher risk of severe COVID-19 disease. Get vaccinated or **get a booster if you qualify** by calling (833) 422-4255 or visiting the **My Turn website**. Vaccines are available to anyone aged 5 or over.

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