



Department of Public Health

Monroe County, New York

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Updated Isolation and Quarantine FAQ (Jan. 6, 2022)

Are you fully vaccinated and boosted OR fully vaccinated and not yet eligible for a booster?

If you test positive for COVID:

- You need to isolate for 5 days. This period begins the day after you started having symptoms or, if you are asymptomatic, the day after you took your COVID test. (*i.e., the day symptoms started is Day 0, the next day is Day 1, etc.*)
- If you are asymptomatic at the end of 5 days or your symptoms are resolving, your isolation ends. However, you still need to wear a well-fitting mask when around other people for another 5 days. If you cannot tolerate a mask or you still have symptoms, you need to stay in isolation for 5 more days.

If you are exposed to someone with COVID:

- No quarantine is required, but you should wear a well-fitting mask when around others for 10 days starting with the date of your last exposure. If symptoms appear, quarantine and seek testing. Quarantine ends if the test is negative or, if testing is not done, you isolate according to the guidance above.

Are you not fully vaccinated OR fully vaccinated and eligible for a booster, but not yet boosted?

If you test positive for COVID:

- You need to isolate for 5 days. This period begins the day after you started having symptoms or, if you are asymptomatic, the day after you took your COVID test. (*i.e., the day symptoms started is Day 0, the next day is Day 1, etc.*)
- If you are asymptomatic at the end of 5 days or your symptoms are resolving, your isolation ends. However, you still need to wear a well-fitting mask when around other people for another 5 days. If you cannot tolerate a mask or you still have symptoms, you need to stay in isolation for 5 more days.

If you are exposed to someone with COVID:

- Starting with the date of your last exposure as Day 0, you need to quarantine for 5 days and wear a well-fitting mask around other people for 5 more days.