COVID-19 ISOLATION/QUARANTINE WORKFLOW

ISOLATION GUIDELINES
IF YOU TEST POSITIVE FOR COVID-19:
Everyone, regardless of vaccination status.

- Stay home for 5 full days. Wear a well-fitting mask when around others for 10 full days.
    - *Day 0 is the first day of symptoms or positive test date if you have no symptoms.*
- You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).
- If you are unable to mask when around others, you should isolate for a full 10 days.

If you have a fever, or your other symptoms have not improved, continue to stay home until your fever resolves and other symptoms have improved.

QUARANTINE GUIDELINES
IF YOU WERE IN CLOSE CONTACT WITH SOMEONE WITH COVID-19:
(Close Contact is being less than or equal to six feet for 15 minutes or longer)

IF YOU:

- Are ages 12 or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- Are ages 5-11 years and completed the primary series of COVID-19 vaccines.
- Had confirmed COVID-19 within the last 90 days (you tested positive using a viral test).

- Wear a mask around others for 10 days.
- Get tested at least 5 days after your last close contact with someone with COVID-19.

If you test positive or develop symptoms, isolate from others and follow isolation recommendations.

IF YOU:

Completed the primary series of Pfizer or Moderna vaccine over 5 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, or have not completed your primary series**

- Stay home for 5 full days. Wear a well-fitting mask when around others for 10 full days.
- Monitor for symptoms for 10 days after your last close contact with someone with COVID-19.
- If you don't develop symptoms, get tested at least 5 days after you last had close contact with someone infected with COVID-19. If you test negative or are unable to test but have remained without symptoms, you can be around others but should continue to mask for 5 additional days.

If you test positive or develop symptoms, isolate from others and follow isolation recommendations.

IMMUNOCOMPROMISED INDIVIDUALS
Please refer to the CDC website for the most up-to-date information.

IOWA STATE UNIVERSITY

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