

COVID-19 UPDATE 1/14/22

Ocean County is in the **RED** matrix, which is a very high activity level; ALL mitigation strategies continue. **The recommended COVID-19 ISOLATION AND QUARANTINE TIMELINES have changed.** The shortened timelines focus on the period when a person is most infectious and combine the shorter periods with well-fitting masks and additional precautions after leaving isolation (infected persons) or quarantine (a close contact).

❖ ISOLATION (those infected)

Regardless of vaccination status, persons testing positive or who have COVID-19 symptoms, including those waiting for results, should isolate for **5 FULL DAYS** with additional precautions* during and after isolation.

- Symptomatic persons with a positive test or those not testing or those waiting for test results:
Stay home and isolate from others for **5 FULL DAYS. On Day 6**, if symptom-free or symptoms resolving, isolation can end. If symptoms continue, continue isolation until symptoms improve and fever-free for 24 hours.
- Asymptomatic persons (no symptoms) with a positive test:
Stay home and isolate for **5 FULL DAYS. On Day 6**, if symptom-free, isolation can end. If symptoms develop within 7 days, the 5-day isolation period begins again. Day 0 (zero) will always be the day symptoms began.

* Additional precautions, regardless of vaccination status:

1. Continue to wear a well-fitting mask during Days 6 - 10. If a person is unable to wear a mask, isolation is extended to 10 full days.
2. Avoid travel if symptomatic or asymptomatic with a positive test for 10 full days.
3. Avoid high-risk activities such as restaurants, gyms, other persons at high risk for severe disease nursing homes, those immunocompromised, and eating around others for a full 10 days.

❖ QUARANTINE (a close contact)

A close contact may need to quarantine depending on vaccination status and include additional precautions.*

- Those persons that do not need to quarantine:
 1. Adults > 18 who have completed a series of COVID-19 vaccines including boosters.
 2. Children 5-7 who have completed a series of COVID-19 vaccines
 3. Persons with a confirmed (positive viral) test within the last 90 days.
- Those that do need to quarantine:
 1. Adults > 18 who have completed a series of COVID-19 vaccines but without boosters.
 2. Persons who are not fully vaccinated.
- During quarantine:
 1. Stay home and isolate for **5 FULL DAYS.**
 2. If symptoms develop, get tested and follow above isolation guidance.
 3. If no symptoms, get tested 5 days after last close contact. If positive, follow above isolation guidance. If negative, quarantine can end at **Day 6. If testing is unavailable, quarantine can end Day 6 if asymptomatic for ALL preceding quarantine days (5).**

* Additional precautions

1. Masking throughout Day 10
2. Monitor for symptoms for 10 days after last contact
3. If traveling, get tested on day 5 and if not testing delay for 10 days.
4. Avoid high-risk activities such as restaurants, gyms, other persons at high risk for severe disease, nursing homes, those immunocompromised, and eating around others for a full 10 days

Home-based testing is being accepted by the district **IF**: the test collection is observed by an authorized telehealth proctor. Self-administered and self-read tests are not considered valid *at this time. We are anticipating changes in at-home testing.*

HOUSEHOLD MEMBERS WHO CANNOT ISOLATE, should start their quarantine period **AFTER** the household member would have completed their isolation period, **UNLESS** the household member is able to consistently wear a well-fitting mask in the household through day 10.