

7/29/21

- Updated guidance for vaccinated persons to get tested 3-5 days after an exposure even if they are asymptomatic. Vaccinated persons should wear masks while indoors in public for 14 days following an exposure or until test results are negative.
- Added clarification for testing of fully vaccinated household contacts.
- Added clarification that antibody testing is not appropriate for any person [not only students] exposed in a K-12 setting.

Cases

Must be isolated for a minimum of 10 days after onset and can be released after they are without fever for 24 hours (without fever-reducing medication) **and show improvement in symptoms. Some severely ill patients will need to be isolated for at least 20 days.**

Cases without symptoms must be isolated through 10 days after their specimen collection date.

Notes:

- Lingering cough or loss of taste or smell should not prevent a case from being released from isolation.
- If a follow-up PCR test is positive, cases do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours. If a case has been released from isolation and symptoms return, individuals do not need to re-enter isolation as long as they have completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.

Minimum 10 days	24 hours
(Day 0) SYMPTOM ONSET DATE OR SPECIMEN COLLECTION DATE IF NOT EXPERIENCING SYMPTOMS	WITHOUT FEVER FOR 24 HRs AND SYMPTOM IMPROVEMENT
	CASE RELEASED FROM ISOLATION

EXAMPLES

- A case that is without fever and experiencing an improvement in symptoms on day 2 (and continues to do so) can be released after completing isolation through 10 days after symptom onset, returning to regular activities on Day 11.
- A case is without fever on day 2, but symptoms return on day 6. The case is without fever and experiencing an improvement in symptoms on day 12 and continues to do so for 24 hours. They can return to regular activities on Day 13, once they have been without fever and improving for at least 24 hours.
- A case that never develops symptoms during the 10-day isolation can return to regular activities on Day 11.

Close Contacts

Must be quarantined after close contact to a COVID-19 case according to non-household or household contact guidance. **If symptoms develop, all people – regardless of vaccination status – should isolate** and be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated.

Close contacts may have different requirements if they fall into any of the following groups:

PREVIOUS CASES are not required to quarantine if they meet all the following criteria:

- Had COVID-19 illness within the previous 3 months **and**
- Have recovered **and**
- Remain without COVID-19 symptoms

UNVACCINATED PERSONS do not have to quarantine in if they meet ALL the following criteria:

- Tested antibody positive within 3 months before or immediately following an exposure to someone with suspected or confirmed COVID-19
- Have remained asymptomatic since the current COVID-19 exposure
- Will have limited or no contact with persons at high risk COVID-19 severe illness. This group includes older adults, pregnant people, and those with certain medical conditions (cancer, chronic kidney disease, chronic lung disease [including COPD, asthma, interstitial lung disease, cystic fibrosis, and pulmonary hypertension], dementia, diabetes (1 or 2), down syndrome, heart conditions [including heart failure, coronary artery disease, cardiomyopathies, or hypertension], HIV infection, immunocompromised state, liver disease, overweight and obesity, sickle cell/thalassemia, smoking (current/former), solid organ or blood stem cell transplant, stroke or cerebrovascular disease, substance use disorders. As such, antibody testing is not appropriate for return to school for persons exposed in daycare and K-12 settings.

VACCINATED PERSONS¹ are not required to quarantine if they are fully vaccinated (≥ 2 weeks following receipt of the second dose in a 2-dose series, or ≥ 2 weeks following receipt of one dose in a single dose vaccine) and have remained asymptomatic since the exposure to COVID-19.

FULLY VACCINATED EMPLOYEES of non-healthcare congregate settings and other high-density workplaces (e.g., meat and poultry processing and manufacturing plants) with no COVID-like symptoms do not need to quarantine.

FULLY VACCINATED RESIDENTS OF NON-HEALTHCARE CONGREGATE SETTINGS (e.g., correctional and detention facilities, and homeless shelters) should be tested (but not quarantine) following exposure to someone with suspected or confirmed COVID-19. This setting does not include dormitories or university housing or group homes. Residents of dormitories, university housing, and group homes should follow the general public recommendations for fully vaccinated individuals.

Note: All fully vaccinated persons should get tested 3-5 days after their exposure, even if they are asymptomatic, and should wear a mask indoors in public for 14 days following exposure or until test results are negative. If they test positive, they should isolate. Fully vaccinated household contacts who cannot separate from the case in the home should get tested 3-5 days after initial exposure to the case and after the end of the case's isolation (after day 10). Quarantine recommendations for vaccinated persons will be updated when more data become available and additional COVID-19 vaccines are authorized.

¹Vaccinated healthcare personnel, patients, and residents in healthcare settings should follow CDC guidance: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-after-vaccination.html>

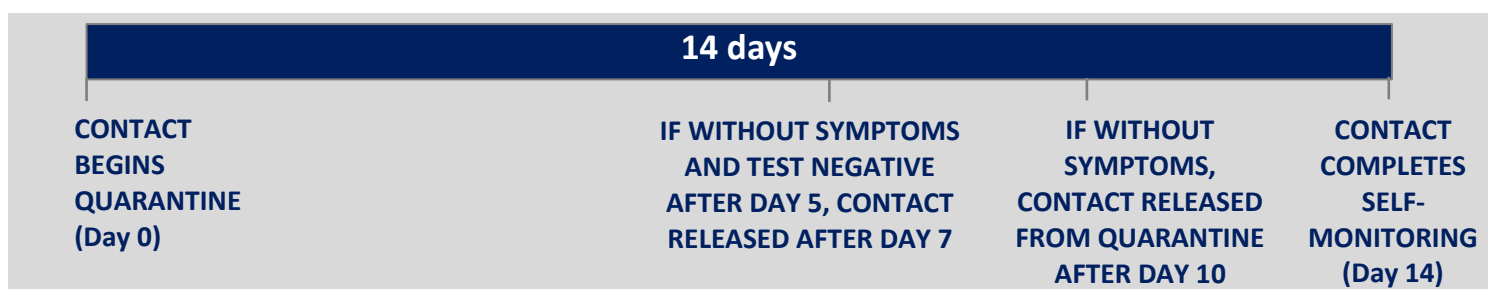
Non-Household Contacts

Non-household contacts must be quarantined after exposure* to a case, regardless of whether the case was symptomatic. TDH and CDC recommend a 14-day quarantine. Acceptable alternatives to a 14-day quarantine include:

- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test collected after Day 5.

Continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond your quarantine period.

*Exposure means contact with a case during the time period **beginning two days prior to case's symptom onset** (or specimen collection date if case never experiences symptoms) through the end of the case's isolation period.



Household Contacts

A household contact is an individual who shares any living spaces with a case. This includes bedrooms, bathrooms, living rooms, kitchens, etc. Household contacts must be quarantined after exposure to a case, regardless of whether the case is symptomatic.

When does quarantine start?

Household contacts must quarantine as long as they are exposed to the case, and for a 7-14 day period beyond their last exposure.

If the contact can separate from the case within the home, then they are considered no longer exposed. Separation must include:

- The case must never be in the same room as household members.
- The case cannot share plates, cups, dishes or phones with household members.
- The case should have their own bathroom. If that isn't possible, the household must conduct daily cleaning.

If the contact cannot separate from the case within the home, the contact must quarantine for the case's (minimum) 10-day isolation period plus an additional 7-14 days.

When does quarantine end?

Once exposure is no longer occurring (either the case has completed their 10-day isolation or the case and contact have separated within the home), then quarantine can end:

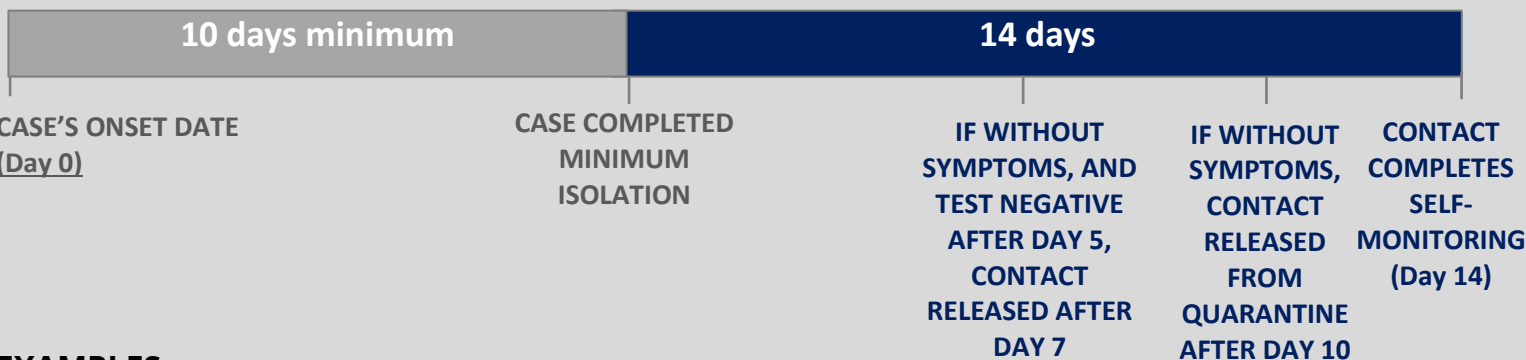
- after Day 14, as recommended by TDH and CDC
- after Day 10 (returning to regular activities on Day 11) without testing if the contact does not have symptoms.
- after Day 7 (returning to regular activities on Day 8) if the contact does not have symptoms and if they test negative by a PCR or antigen test after Day 5.

Household Contacts (cont.)

Contacts should continue to self-monitor for symptoms and wear a face mask through Day 14. Mask wearing is especially important through day 14 and should continue beyond the quarantine period.

Notes:

- If a household contact develops symptoms of COVID-19, they become a case. They should begin isolation as a case and consider getting tested.
- Household contacts will often need to remain at home longer than the initial case.
- If a case has been released from isolation and symptoms return, household contacts do not need to restart the 10-day period as long as the case has completed the minimum 10-day isolation and had symptom resolution for a minimum of 24 hours.



EXAMPLES

- A case is without fever and experiencing an improvement in symptoms 2 days after symptom onset and continues to do so for 24 hours. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without symptoms. The household contact must quarantine during the case's 10-day isolation period and must remain quarantined through 10 days after the end of the case's isolation (20 days total). The household contact can return to regular activities on Day 21.
- A case is without fever and experiencing an improvement in symptoms 12 days after symptom onset and continues to do so for 24 hours (day 13). The household contact must quarantine during the case's 13-day isolation period and must remain quarantined through 10 days after the case's isolation period ends (23 days total). The household contact can return to regular activities on Day 24.
- A case is able to isolate within the home. The household contact has no close contact with the case since they isolated. The household contact must quarantine through 10 days after last contact with the case. The household contact can return to regular activities Day 11 after last contact with the case.
- A household contact develops cough and fever during quarantine. They must now begin isolation as a case.