

## Summary of the CDC's Updated and Shortened Isolation and Quarantine Recommendations for the General Population

Summarized from the [CDC's website](#)

### UPDATED GUIDANCE FOR ISOLATION

Isolation is for an individual who tests positive or is a probable positive

| IF YOU:  | YOU SHOULD:  |
|--|--|
| <p>Test positive for COVID-19 (regardless of vaccination status)</p> <p>OR</p> <p>Are a probable positive case of COVID-19</p> | <p>Isolate 5 days from symptom onset* or positive test*.</p> <p>Release from Isolation on day 6 if the following criteria are met:</p> <ul style="list-style-type: none"> <li>● Asymptomatic <b>or</b></li> <li>● No fever (without the use of fever-reducing medication) for at least 24 hours <b>and</b></li> <li>● Other symptoms are improving.</li> </ul> <p>Continue to wear a mask for 5 more days (<i>Children &lt; 2 years of age are exempt in Wyoming</i>)</p> <ul style="list-style-type: none"> <li>● IF resources are available, you may test with an <b>ANTIGEN</b> test on day 5. (<b><i>Please do not take a PCR test, which includes any of the curative locations as well as a vault test</i></b>)</li> <li>● IF negative, you may be released on day 6 along with other guidance above.</li> <li>● IF positive, please remain in isolation for additional 5 days.</li> <li>● <b>IF 2 years and under:</b> Mask wearing not recommended but may still follow shortened isolation recommendations, according to WY Department of Health.</li> </ul> <p><i>*Remember, symptom onset or positive test (asymptomatic) is considered day = 0</i></p> |

## UPDATED GUIDANCE FOR QUARANTINE

**Quarantine is for an individual who is defined as a close contact\*  
to an individual who has lab confirmed or probable COVID-19**

\*close contact is defined as within 6 feet or less for 15 minutes or more

| WHO:   | YOU SHOULD:  |
|--|--|
| <i><b>If symptoms develop, please test and isolate immediately.</b></i>  |  |
| <p><b>ADULTS: 18 years and older</b></p> <p><b>AND</b><br/>Have received the primary series of their vaccination <b>and</b> have received a booster</p> <p><b>OR</b><br/>Have received the primary series of their vaccination <b>but</b> are <a href="#">not yet eligible for a booster</a></p> | <p><b>NO Quarantine required.</b></p> <p>Wear a mask around others for 10 days.</p> <p>Test on day 5 with a PCR test, if possible.</p>   |
| <p><b>ADULTS: 18 years and older</b></p> <p><b>AND</b><br/>Have <u>not</u> received the primary series of their vaccination</p> <p><b>OR</b><br/>Have received the primary series of their vaccination <b>but</b> are <a href="#">eligible for a booster</a></p>                                 | <p><b>Quarantine</b> at home for 5 days (minimum).</p> <p>IF, on day 6 there are no or mild and resolving symptoms, resume activities (no travel, no contact with high risk individuals) <b>AND</b> continue to wear a mask around others for 5 additional days.</p> <p>If you cannot quarantine, you must wear a mask for 10 days.</p>  |
| <p><b>CHILDREN: under 18 years of age</b></p> <p><b>AND</b><br/>Have received the primary series of their vaccination</p> <p><b>With or Without a booster</b></p>  | <p><b>NO Quarantine required.</b></p> <p>Wear a mask strictly for 10 days.</p> <p>Test on day 5 with PCR, if possible.</p>   |
| <p><b>CHILDREN: under 18 years of age</b></p> <p><b>AND</b><br/>Have NOT received the primary series of their vaccination</p> <p><b>OR</b><br/>Are unvaccinated</p>  | <p><b>Quarantine</b> at home for 5 days (minimum).</p> <p>Test on day 5 with PCR, if possible.</p> <p>IF, on day 6 there are no or mild and resolving symptoms, resume activities (no travel no contact with high risk individuals) <b>AND</b> continue to wear a mask around others for 5 additional days.</p> <p>If you cannot quarantine, wear a mask strictly for 10 days.</p> |
| <p><b>CHILDREN: 2 years of age and under</b></p>   | <p>Mask wearing not recommended but may still follow shortened quarantine recommendations, according to WY Department of Health.</p>   |
| <p><b>ANY AGE:</b><br/><b>Tested positive for COVID-19 in the past 90 days on a molecular or antigen test</b></p>  | <p>No Quarantine required.</p> <p>Wear a mask around others for 10 days after the exposure</p>   |