



JEFFERSON COUNTY PUBLIC HEALTH SERVICE

Public Health Facility, 531 Meade Street, Watertown, New York 13601

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Isolation and Quarantine Protocol Change Announced

January 7, 2022~Watertown NY~ The Jefferson County Public Health Service is updating isolation protocols for people with Covid-19 and quarantine protocols for people exposed to Covid-19.

Isolation & Quarantine Guidance: On January 4, 2022, the U.S. Centers for Disease Control updated COVID-19 isolation and quarantine recommendations, followed by the New York State Department of Health release of "Interim Updated I&Q Guidance". There are specific guidelines for healthcare workers.

5-Days Isolation: The shorter isolation of 5 days is for asymptomatic and mildly ill people. The period of 5 days is to focus on the period when a person is most infectious, followed by continued masking for an additional 5 days. JCPHS is updating the protocols to match federal and state guidelines.

10-Days Isolation: A 10-day isolation period is still required for childcare, children under Pre-K, non-school aged children, immunocompromised individuals, and others who cannot wear a mask.

If you have tested positive on a home test, you may enter the results on our website, www.jcphs.org. If you do not have access to the website, please call 315-786-3730.

Positive with Covid-19: Do not leave your home, except to get medical care. Do not go to work, school, or public areas such as shopping centers. If possible, use a bathroom not used by other family members or roommates. If you must share a bathroom, have cleaning supplies available in the bathroom so that you can clean surfaces after use. If asymptomatic at the end of 5 days or if symptoms are resolving, isolation ends and the individual should wear a well-fitting mask while around others for an additional 5 days. Anyone who you live with is at increased risk of infection. If anyone in the household is unvaccinated, immuno-compromised, or has other underlying health conditions, they should monitor themselves closely for symptoms and contact their healthcare practitioner about any concerns and additional treatment. Inform close contacts that they may have been exposed. A close contact is defined as a person within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period. The infectious period starts from 2 days before illness onset or, for asymptomatic patients, 2 days prior to test specimen collection, until the time the positive case is isolated.

Close Contact to a Person while the Person was Infectious with Covid-19: Close contacts who are fully vaccinated **AND** have received their booster shot and do not have any symptoms do not need to quarantine. If you have been identified as a close contact to a positive case and you have symptoms, or are not fully vaccinated **AND** boosted then you are subject to quarantine. Do not leave your home, except to get medical care. Do not go to work, school, or public areas such as shopping centers. If possible, use a bathroom not used by other family members or roommates. If you must share a bathroom, have cleaning supplies available in the bathroom so that you can clean surfaces after use. After day 5 wear a well-fitting mask while around others for an additional 5 days. If you develop symptoms, isolate immediately and get tested.