



VDOF COVID-19 UPDATE - 1.10.2022

New! CDC Isolation and Quarantine Guidance

I was exposed to COVID-19 (Quarantine) – What do I do?

If unvaccinated or more than six months from final (second) dose of an mRNA vaccine or two months after J&J vaccine **AND not yet boosted**; MUST quarantine and stay home for 5 days followed by strict mask use for an additional 5 days.

- It is imperative that an exposed person wear a well-fitting mask at all times when around others for 10 days after exposure. If unable to telework while quarantining for the initial 5 days due to occupational role– notify supervisors and hro@dof.virginia.gov for approval of PHEL Leave.
- Employees are allowed to return to duty after the initial five days pending they have not developed symptoms BUT wearing mask for five more days.***

If received booster or still within six months from final (second) dose of an mRNA vaccine or two months after J&J vaccine; DO NOT need to quarantine following an exposure, but must wear a mask for 10 days after the exposure.***

****For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.*

I tested POSITIVE for COVID-19 (Isolate) – What do I do?

EVERYONE, regardless of vaccination status.

- MUST ISOLATE and Stay home for 5 days**;
- If you have no symptoms or your symptoms are resolving after 5 days, you can return to normal operations/workplace; **AND**
- MUST continue to wear a mask around others for 5 additional days.
- Employees shall obtain negative results prior to removing mask if vaccinated or after the 10-day period.

If you have a fever, continue to stay home until your fever resolves.

***If unable to telework while quarantining for the initial 5 days due to occupational role or symptoms – notify supervisors and hro@dof.virginia.gov for approval of PHEL Leave.*

Key terms:

- **Isolation** - separates sick people with a contagious disease from people who are not sick.
- **Quarantine** - separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

**This guidance is subject to change with limited notice based on changing conditions and directives.*