

Effective Jan 5, 2022,

- ECHD is following NYSDOH/CDC Guidance for Isolation & Quarantines, applicable to everyone in the General Population **and** in K-12 School settings. (Healthcare Settings and other high-risk congregate settings, as well as those severely ill with COVID-19 and those who are moderately-severely immune-compromised will follow specific guidance).
- 
- ALL cases - STAFF & STUDENTS who test positive on an at-home test should be instructed to report their at-home positive test on our website <https://www.co.essex.ny.us/Health/covid-19-information-and-resources/>
- ECHD is notified of all positive cases when tested at a healthcare provider or pharmacy and no additional reporting to our Department is needed.
- Anyone needing an Isolation Order quickly may go to our website <https://www.co.essex.ny.us/Health/covid-19-information-and-resources/> to review the isolation guidelines and complete an Isolation Request form to receive (via e-mail) an Order of Isolation from ECHD.
- ECHD continues to prioritize case investigations of those most vulnerable, including students, and issue Orders of Isolation.
  - ECHD will still notify schools of cases. Orders will be effective Day 0 through the end of Day 5.
- CONTACTS (general public and K-12 School) of cases can access quarantine guidelines from our website <https://www.co.essex.ny.us/Health/covid-19-information-and-resources/>. If they meet the criteria to quarantine, they can complete a Quarantine Request form to receive (via e-mail) an Order of Quarantine from ECHD.

*It is especially important to note the change for staff and students to who is considered vaccinated.*

**To be considered vaccinated, a person must be fully vaccinated and have received the booster if eligible for the booster.** The CDC guidance on boosters can be found here: [COVID-19 Vaccine Booster Shots | CDC](#).

This means that a person may have been exempt from quarantine yesterday and is now, as of January 5, 2022, that same person will be required to quarantine, if they have not received the booster for which they are eligible. Please see below for the full information about the changes.

Schools can use their contact tracing logs to determine who is appropriate for exclusion from school and/or eligible for a Test-To-Stay initiative.

- ECHD will continue to release cases following investigations. If cases need a release quickly they can request a release through our website <https://www.co.essex.ny.us/Health/covid-19-information-and-resources/> completing an Isolation Release form. If criteria to discontinue Isolation is met, a Release from Isolation will be issued via e-mail.
- Our Department is not able at this time to send daily lists of Isolations, Quarantines, and PUIs.

## Summary of Key Points

Essex County Health Department adopts NYSDOH's January 4, 2022 updated [Interim Isolation and Quarantine Guidance](#) and the subsequent announcement by the CDC, clarifying their [Isolation & Quarantine Guidance](#).

-**NYSDOH** is recommending that the General Population follow the CDC's recommendations for shortening isolation and quarantine. The NYSDOH guidance recommends that those who:

### Tested positive for COVID-19

- Isolate for 5 days, where Day 0 is either symptom onset date, if symptomatic, or the date of first positive test, if asymptomatic
- Exit isolation on Day 6 if symptoms are resolving.
- Wear a mask for 5 additional days.

### Are exposed to COVID-19

- Day 0 is the last date of exposure
- Quarantine for 5 days if not fully vaccinated; or fully vaccinated and not boosted (if eligible for booster); or fully vaccinated and boosted but booster was not at least 2 weeks before first date of exposure
- If possible, test at Day 5
- Wear a mask for 5 additional days \*No quarantine is required for those fully vaccinated and boosted (if eligible).

*The NYSDOH Interim Guidance was issued January 4, 2022 with the understanding that additional school specific guidance from the CDC for schools was forthcoming. Within minutes, the CDC issued updated (clarified) Isolation and Quarantine guidance that essentially remained unchanged and specified that the recommendations **DO** apply to K-12 School settings.*

-CDC Isolation and Quarantine Guidance offers these additional points, not included in the current (January 4) NYSDOH Interim Guidance. **ECHD expects NYSDOH will adopt these recommendations for K-12 Schools (with the possibility of testing as an additional layer):**

### Tested positive for COVID-19

- Same as above, but notes that if symptoms develop after testing positive, the 5-day isolation period should start over, with Day 0 being the date of symptom onset.

### Exposed to COVID-19

- Same as above, AND
- If symptoms develop, test immediately and isolate until test results are available
  - If positive, isolate per above
- If asymptomatic, test at least 5 days after last exposure
  - If Negative, exit Quarantine or
  - if Positive, isolate per above