



## HEALTH ADVISORY: Updated CDC Guidance on Quarantine of Fully Vaccinated Persons & Mask Use

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### Quarantine guidance for fully vaccinated persons

CDC guidance now states that **fully vaccinated persons** with an exposure to someone with suspected or confirmed COVID-19 are not required to **quarantine** if they meet **all** of the following criteria:

- Are fully vaccinated (i.e., ≥2 weeks following receipt of the second dose in a 2-dose series, or ≥2 weeks following receipt of one dose of a single-dose vaccine)
- Are within 3 months following receipt of the last dose in the series
- Have remained asymptomatic since the current COVID-19 exposure

Fully vaccinated persons who do not quarantine following an exposure should:

- Watch for symptoms of COVID-19 for 14 days after the exposure, and if symptoms develop should be clinically evaluated (and tested if indicated) for COVID-19
- Follow current guidance to protect themselves and others
  - Wear a mask
  - Stay at least 6 feet away from others
  - Avoid crowds and avoid poorly ventilated spaces
  - Cover coughs / sneezes and wash hands frequently
- Follow CDC travel guidance
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>
  - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-air-travel.html>
- Follow any applicable workplace or school guidance, including guidance related to personal protective equipment use or COVID-19 testing

Persons who do not meet **all** 3 of the above criteria should continue to follow current [quarantine guidance](#) after exposure to someone with suspected or confirmed COVID-19.

### Vaccinated healthcare personnel

The criteria above can be applied when considering work restrictions for fully vaccinated healthcare personnel with [higher-risk exposures](#), as a strategy to alleviate staffing shortages. Exposed healthcare personnel would not be required to quarantine outside of work.

### Vaccinated inpatients and residents in healthcare settings

Vaccinated inpatients and residents in healthcare settings should continue to [quarantine](#) following an exposure to someone with suspected or confirmed COVID-19. This exception is due to the unknown vaccine effectiveness in this population, the higher risk of severe disease and death, and challenges with social distancing in healthcare settings.

*Although not preferred, healthcare facilities could consider waiving quarantine for vaccinated inpatients and residents as a strategy to mitigate critical issues (e.g., lack of space, staff, or PPE to safely care for exposed patients or residents) when other options are unsuccessful or unavailable.*

For more information visit: <https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html#phrecs>

### Updated CDC Mask Guidance: Improve How Your Mask Protects You

CDC has updated their mask guidance to address proper mask use.

Key recommendations include:

1. Make sure your mask fits snugly against your face. Gaps can let air with respiratory droplets leak in and out around the edges of the mask
2. Pick a mask with layers to keep your respiratory droplets in and others' out. A mask with layers will stop more respiratory droplets getting inside your mask or escaping from your mask if you are sick.

The guidance also addresses appropriate ways to layer two masks.

To view the guidance, visit: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>

Please contact IDPH with questions at 800-362-2736