



CDC Updates COVID-19 Guidelines August 12, 2022

C. Alex Retzloff
WILLCOX SAVAGE

On August 11, 2022, the CDC updated its general COVID-19 guidance applicable to individuals and employees in non-healthcare settings. Both businesses and individuals will be happy to know that the updated guidance is more streamlined and accessible.

Key updates include:

- Fewer vaccination status-based distinctions;
- New testing and masking guidelines in place of quarantine guidelines;
- New exposure guidelines; and
- Revised guidelines for ending isolation based on testing and the severity of an individual's illness.

Details are provided on the following page.

C. Alex Retzloff

Willcox Savage

440 Monticello Avenue, Suite 2200 Norfolk, Virginia 23510

(757) 628-5606

cretzloff@wilsav.com

WILLCOX SAVAGE

COVID-19 EXPOSURE	ISOLATION PROTOCOLS (SYMPTOMATIC) ¹	ISOLATION PROTOCOLS (NO SYMPTOMS)
<p>All individuals, regardless of vaccination status or previous infection</p> <ul style="list-style-type: none"> - Begin wearing a high-quality mask or respirator (e.g., N95) as soon as you learn of your exposure - Date of exposure is Day 0 - Continue wearing a high-quality mask or respirator through Day 10, especially when indoors or around others who are at heightened risk of COVID-19 - Monitor for symptoms² through Day 10 <ul style="list-style-type: none"> o If you develop symptoms, isolate, get tested, and continue to isolate until you have your test results <ul style="list-style-type: none"> ▪ If your test results are <u>positive</u>, follow Isolation Protocols (Symptomatic) ▪ If your test results are <u>negative</u>, continue to mask and monitor for symptoms through Day 10 - Even if you do not develop symptoms, get tested on Day 6 <ul style="list-style-type: none"> o If your test results are <u>positive</u>, follow Isolation Protocols (No Symptoms) o If your test results are <u>negative</u>, continue to mask and monitor for symptoms through Day 10 	<p>All individuals, regardless of vaccination status or previous infection</p> <ul style="list-style-type: none"> - If you test <u>positive</u> for COVID-19 and you had <u>symptoms</u> when you tested positive, Day 0 is the day your symptoms began, regardless of when you tested positive <ul style="list-style-type: none"> o Stay home and isolate from others through Day 5 o Wear a high-quality mask when around others through Day 10³ o Monitor your symptoms - Ending isolation <ul style="list-style-type: none"> o Day 6 if <ul style="list-style-type: none"> ▪ You are fever-free for 24 hours (without the use of fever-reducing medication) ▪ Your other symptoms are improving o Day 11 if <ul style="list-style-type: none"> ▪ you had moderate illness (i.e., you experienced shortness of breath or had difficulty breathing) ▪ you had severe illness (i.e., you were hospitalized) or you have a weakened immune system (you should also consult with a healthcare provider before ending isolation) 	<p>All individuals, regardless of vaccination status or previous infection</p> <ul style="list-style-type: none"> - If you test <u>positive</u> for COVID-19 and you had <u>no symptoms</u> when you tested positive, Day 0 is the day you were tested (not when you received your results) <ul style="list-style-type: none"> o Stay home and isolate from others through Day 5 o Wear a high-quality mask when around others through Day 10⁴ o Monitor for symptoms <ul style="list-style-type: none"> ▪ If you develop symptoms, follow Isolation Protocols (Symptomatic) and restart the clock; Day 0 is the day your symptoms began - Ending isolation <ul style="list-style-type: none"> o Day 6 if you still have no symptoms

Current as of August 12, 2022

¹ If you are sick and suspect you have COVID-19 (even if you do not know if you were exposed), you should isolate and test. If your test results are positive, follow Isolation Protocols (Symptomatic). If your test results are negative, you may end isolation.

² Symptoms can include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. For more information about COVID-19 symptoms, visit the CDC's webpage: <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>.

³ Once you have ended isolation, you may stop wearing a mask sooner if you take two antigen tests 48 hours apart and receive negative tests results each time.

⁴ Once you have ended isolation, you may stop wearing a mask sooner if you take two antigen tests 48 hours apart and receive negative tests results each time.