COVID-19 RECOMMENDATIONS: COMMUNITY

December 28, 2021
TABLE OF CONTENTS

OUTLINE

New Milford Department of Health COVID-19 Recommendations - p. 3
Definitions - p. 4
COVID-19 Eligibility - p. 5
Quarantine Guidelines - p. 6 - 9
COVID-19 Recommendations

Get your COVID-19 vaccine and your Booster shot (if eligible)

Quarantine for 5 days & wear a mask for 5 days if exposed (unvaccinated & not boosted)

Wear a mask in public, crowded places, and at social gatherings. Required in healthcare setting, schools, daycares, nursing homes, and prisons

Get tested if you are experiencing COVID-19 symptoms

Stay home if you are not feeling well
DEFINITIONS

**Close Contact**
Someone who was less than 6 feet away from sick person for a cumulative total of 15 minutes or more over a 24-hour period.

**Quarantine**
Keeps someone who was in close contact with someone with COVID-19 away from others.

**Isolation**
Keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

**Mask Wearing**
Covers nose and mouth and fits tightly on face.
COVID-19 VACCINE ELIGIBILITY

PRIMARY SERIES:

- Pfizer: Ages 5+
- Moderna: Ages 18+
- Johnson & Johnson: Ages 18+

BOOSTER:

- Pfizer: Ages 16+, 6 months after 2nd dose
- Moderna: Ages 18+, 6 months after 2nd dose
- Johnson & Johnson: Ages 18+, 2 months after last dose
QUARANTINE GUIDELINES

Source: CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population (Dec 27, 2021)

**UNVACCINATED & NOT BOOSTED:**
- Quarantine for 5 days following a COVID-19 exposure
- Wear a mask around others for 5 additional days post quarantine
- Monitor symptoms & test on day 5
- Isolate for 5 days if you develop COVID-19 symptoms or test positive

**FULLY VACCINATED & BOOSTED:**
- Fully vaccinated & boosted people do not need to quarantine if they are exposed to COVID-19.
- Wear a mask when around others for 10 days
- Get tested on day 5 after exposure, if possible
- Isolate for 5 days if you develop COVID-19 symptoms or test positive
COVID-19 SYMPTOMS + NO CLOSE CONTACT

1. **Negative test**
   - **COVID-19 symptoms** + **no Close Contact**
   - Return after no fever for 24 hours without using fever reducing medications & other symptoms have improved

2. **Positive test**
   - **COVID-19 symptoms** + **no Close Contact**
   - SELF-ISOLATE 5 DAYS & WEAR A MASK 5 DAYS

3. **No test**
   - Unvaccinated & not boosted
   - Self-isolate 5 days & Wear a mask 5 days

**can return earlier if healthcare provided provides documentation**
COVID-19 SYMPTOMS + CLOSE CONTACT

1. Negative test + Unvaccinated & not boosted = QUARANTINE 5 DAYS

2. Negative test on day 5 + Vaccinated & Boosted = WEAR A MASK 10 DAYS

3. Positive test + Regardless of vaccination & booster status = SELF-ISOLATE 5 DAYS

4. No test + Unvaccinated & not boosted = SELF-ISOLATE 5 DAYS

**can return earlier if healthcare provided provides documentation**

- UNTIL NO fever for 24 hours without fever reducing medication & other symptoms have improved
- UNTIL NO fever for 24 hours without fever reducing medication & other symptoms have improved
NO COVID-19 SYMPTOMS + CLOSE CONTACT

1. Negative test
   Unvaccinated & not boosted
   =
   QUARANTINE
   5 DAYS
   &
   5 DAYS AFTER QUARANTINE

2. Positive test
   OR
   Regardless of vaccination & booster status
   =
   SELF-ISOLATE
   5 DAYS
   &
   5 DAYS AFTER ISOLATION

3. Vaccinated & Boosted
   =
   Get tested
   &
   10 DAYS SINCE EXPOSURE

*NO QUARANTINE UNLESS DEVELOP SYMPTOMS