



New CDC COVID-19 Guidelines

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High levels of immunity and availability of effective COVID-19 prevention and management tools have reduced the risk for medically significant illness and death and led the CDC to issue new COVID 19 Guidelines.

Unchanged CDC recommendations for adults:

1. People should stay up to date with recommended vaccines.
2. People should wear masks indoors where community Covid-19 levels are high.
3. You should isolate if you are sick but do not yet have test results.
4. If you test positive for COVID-19, you should stay home for at least 5 days and isolate from others in your home.
5. If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, you may end isolation after day 5.
6. You should wear a high-quality mask through day 10.

The main changes for adults include:

1. The CDC's COVID-19 prevention guidance no longer differentiate by whether people are up-to-date on their vaccinations.
2. Routine surveillance testing of people without symptoms is no longer recommended in most settings.
3. People who are exposed to the virus no longer need to quarantine at home, regardless of their vaccination status, although they should wear a mask for 10 days and get tested for the virus on day 5.
4. People who test positive for the virus should still isolate at home for at least five days, and follow the guidelines around masking.

The CDC modified several specific COVID-19 recommendations for schools which parallel the changes in the community guidance for adults:

Unchanged CDC recommendations for schools:

1. All people should be masking in school nurses' offices — the same as is already recommended for other health care settings.

Changed recommendations for schools:

1. Classrooms no longer need to be disinfected after a positive case is spotted.
2. Persons exposed to someone who tests positive for the virus do not need to quarantine.

Remember: the pandemic is not over, and more stringent measures may be needed in the event of new variants or future surges.