

QUARANTINE GUIDANCE for Individuals Fully Vaccinated against COVID-19



The Oklahoma State Department of Health (OSDH) is providing quarantine guidance for individuals fully vaccinated against COVID-19. **This guidance only applies to the general public, businesses, schools, and childcare settings.** Settings with specific regulatory requirements, such as hospitals, long-term care facilities, and other medical providers, should continue to follow original CDC quarantine guidelines until changes are directed or accepted by the regulatory agencies. Quarantine guidance is subject to change, as additional information becomes available about COVID-19 vaccines.

Guidance: Individuals 14 or more days after COVID-19 vaccine completion will NOT be required to quarantine after an exposure to COVID-19. See example scenario below.

WHAT TO DO IF YOU ARE EXPOSED

FULLY VACCINATED

Vaccine
AND
More than 14 days since vaccine completion

You do NOT need to Quarantine.
However, if you develop symptoms of COVID-19, immediately isolate and get evaluated by a healthcare provider. It is also recommended to be tested 3-5 days after exposure and wear a mask in public indoor settings for 14 days or until you receive a negative test result.

NOT FULLY VACCINATED

No Vaccine
OR
Less than 14 days since vaccine completion

Quarantine & Get Tested
between 5-7 days from the last date of exposure or if you develop COVID-19 symptoms.

EXAMPLE SCENARIO

Person is NOT fully vaccinated has exposure to COVID-19 with no symptoms.

	sun	mon	tue	wed	thur	fri	sat
Date of COVID-19 Exposure.		1	2	3	4	5	
Quarantine Begins	6	7	8	9	10	11	12
Earliest dates for testing with no symptoms.	13	14	15	16	17	18	19
Earliest dates for testing with no symptoms.	20	21	22	23	24	25	26
Earliest dates for testing with no symptoms.	27	28	29	30	31		

CALENDAR FOR EXAMPLE ONLY

Regardless of prior infection or vaccination status, any person with new or unexplained symptoms of COVID-19 should self-isolate immediately and be evaluated for COVID-19 testing.

It remains possible for fully vaccinated or previously infected people to acquire an asymptomatic COVID-19 infection or even develop symptomatic COVID-19 illness.

There are also new COVID-19 strains such as the Delta variant circulating in the U.S. and abroad. Therefore, fully vaccinated or previously infected individuals should continue to practice known protective and prevention measures for COVID-19 transmission.

Fully vaccinated people are recommended to wear a mask in public indoor settings in areas of substantial or high transmission or may choose to wear a mask if they or someone in their house is at an increased risk for severe disease.

Remember the three W's:

- 1) Wear a mask while around people outside your immediate household.
- 2) Wash your hands frequently.
- 3) Watch your distance (practice social distancing, staying at least 6 feet away) while around people outside your immediate household.

