

UPDATED QUARANTINE GUIDANCE AGAINST COVID-19



The Oklahoma State Department of Health (OSDH) is providing updated quarantine guidance.

This guidance only applies to the general public, businesses and schools.

Settings with specific regulatory requirements, such as hospitals, long-term care facilities, and other medical providers, should continue to follow quarantine guidelines for their specific setting as directed or accepted by the regulatory agencies. Quarantine guidance is subject to change, as additional information becomes available about COVID-19 vaccines. For the full CDC guidance, click [here](#)

Updated Guidance: If you have been in close contact with someone diagnosed with COVID-19 and are **not** having any symptoms, it is recommended that you choose one of the following actions based on your vaccination or previous infection status (see table below):

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

- Are ages 18 or older and received all recommended *primary vaccine doses* and *booster shot*, **OR**
- Are ages 18 or older and received all recommended *primary vaccine doses* but are *not eligible for a booster shot*, **OR**
- Are ages 5 – 17 and received all recommended *primary doses of vaccine*, **OR**
- Were lab positive for COVID-19 within the last 90 days.

Then It is recommended to:

- Wear a well-fitting mask around others for 10 days from your last date of exposure* to COVID-19.
- Test on day 5 from your exposure*, if possible.
- If you develop symptoms, get tested and stay home.

OR

If you:

- Are ages 18 or older and received all recommended *primary vaccine doses* but have **not received** a recommended *booster shot when eligible*, **OR**
- Have **not completed** all recommended *primary vaccine doses*, **OR**
- Are unvaccinated.

Then It is recommended to:

- Stay home for 5 days from your last date of exposure* to COVID-19. After that, wear a well-fitting mask around others for 5 additional days.
- If you can't quarantine, you are recommended to wear a well-fitting mask, while around others, for 10 days from your last date of exposure*.
- Test on day 5 from your exposure*, if possible.
- If you develop symptoms, get tested and stay home.

*Last date of exposure is defined as the start of your quarantine period (day zero)

It remains possible for fully vaccinated or previously infected people to acquire asymptomatic SARS- CoV-2 infection or even develop symptomatic COVID-19 illness. That is why both groups are recommended to test at day 5 from exposure and monitor for symptoms.

During the pandemic, we have seen new strains of COVID-19 develop and circulate broadly. Some strains, such as Delta and Omicron, have been highly contagious, even among fully vaccinated and previously infected individuals. Therefore, everyone is recommended to practice known protective and prevention measures to reduce COVID-19 transmission.

REMEMBER THE THREE W'S:

WEAR A MASK While around people outside your immediate household.

WASH YOUR HANDS FREQUENTLY

WATCH YOUR DISTANCE (Practice social distancing. Staying at least 6ft away) While around people outside your immediate household.

