



# Isolation and Quarantine Recommendations

Current as of 07/15/22



District 8  
South Central Oklahoma  
County Health Departments

**Day 0 = Symptom Onset  
(or Test Date if  
Asymptomatic)**

**Day 0 = Most recent day the individual was in close  
contact with a positive case**

## **ISOLATION FOR ANYONE WHO HAS COVID-19:**

- Regardless of vaccination status, stay home for at least 5 days.
- If asymptomatic, or if symptoms have improved after day 5 (*and no fever in 24 hours without fever-reducers*), the individual may resume activities, but must wear a mask through day 10.

## **QUARANTINE FOR CLOSE CONTACTS IF UP TO DATE ON COVID-19 VACCINATION:**

- (Received primary series & recommended boosters)
- Continue activities with precautions and wear a mask through day 10.
  - Get tested on day 5

*If symptoms develop, get tested and stay home for at least 5 days, or until symptoms resolve.*

## **QUARANTINE FOR CLOSE CONTACTS IF NOT UP TO DATE ON COVID-19 VACCINATION:**

- Stay home through day 5
- Get tested on day 5
- Resume activities with precautions and wear a mask through day 10.

*If symptoms develop, get tested and stay home for at least 5 days, or until symptoms resolve.*

For more information, including updates and exceptions, visit the CDC's Quarantine and Isolation page:

