

# **\*\*NEW CDC GUIDELINES\*\***



**NVFP**  
NORTHERN VIRGINIA  
FAMILY PRACTICE

## How to Keep Yourself and Others SAFE During the Latest Omicron Surge

1. When you test positive for COVID, you **ISOLATE** (stay home).
2. When you are exposed to COVID-19 and are asymptomatic, you **QUARANTINE** (avoid direct contact and mask up).

- **Isolation** separates sick people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

### **I just tested positive for COVID-19, what should I do?**



- **Stay home for five days (regardless of vaccination status) and ISOLATE from others.**
- **If you have no symptoms or your symptoms are resolving after five days, you can leave your house, though you MUST continue to wear a mask around others for five additional days.**
- **If you have a fever or continue to feel poorly, continue to stay home until your fever resolves and you feel better.**

### **I was exposed to someone with COVID-19, but I am boosted, or I completed the Pfizer/Moderna vaccine within five months, or had the J&J within the past two months... what should I do?**

- **Wear a mask around others for 10 days (QUARANTINE).**
- **Test on day five, if possible.**
- **If you develop symptoms get a test and stay home (ISOLATE).**

### **I was exposed to someone with COVID-19 and vaccinated more than five months ago (or two months if J&J) without a booster, or I haven't been vaccinated at all... what should I do?**

- **Stay home for five days. After that, you must continue to wear a mask around others for five additional days (QUARANTINE).**
- **If you can't quarantine at home, you must wear a mask around others for 10 days.**
- **Test on day five if possible.**
- **If you develop symptoms get a test and stay home (ISOLATE).**

