

SAFETY DIRECTOR MESSAGE

March 2022

COVID-19 GUIDANCE & UPDATES

As the COVID-19 situation continues to evolve you need to stay informed. On March 21, 2022, CDC offers news and guidance on a variety of topics and provides specific information for different audiences such as: local governments, schools, health departments, businesses, community organizations, healthcare professionals and the public.

Recommendations for People with COVID-19 and COVID-19 Close Contacts

Have you tested positive for COVID-19 or have mild symptoms and are waiting for test results?

- Isolate. Stay at home for at least 5 days.
- Wear a mask, stay in a separate room from other people, and use a separate bathroom if you can.
- Do not travel for 10 days.
- If you can't wear a mask, stay home and away from other people for 10 days.
- Contact your healthcare provider to discuss your test results and available treatment options.

At day 6 if symptoms are improving and you have no fever without fever-reducing medication for 24 hours:

- You can leave isolation.
- Keep wearing a mask around other people for 5 more days.
- If your symptoms are not improving and/or you still have fever:
- Continue to stay home until 24 hours after your fever stops without using fever-reducing medication and your symptoms have improved.

After you feel completely better, keep wearing a mask around other people at home and in public through day 10.

Have you been in [close contact](#) with someone who has COVID-19?

- Quarantine: If you are not [up to date](#) with COVID-19 vaccines or haven't had COVID-19 in the past 90 days, stay home and away from other people for at least 5 days. Avoid travel through day 10. If you are up to date or had COVID-19 in the past 90 days you do not have to quarantine.
- Wear a mask around other people for 10 days.
- Watch for symptoms of COVID-19 for 10 days.
- Get tested on or after day 5 or if you have symptoms. People who had COVID-19 in the past 90 days should only get tested if they develop symptoms.

For the latest updates and information about quarantine, travel, testing, science reports and more please visit the [CDC COVID-19](#) website.