

Timeframe for Self-Isolation/Quarantine Based on Testing Result
In accordance with CDS and NJ Department of Health, the following guidelines and practices are established for Quarantine practices

The purpose of quarantine is to keep people who might have been exposed (but not sick) to isolate COVID-19 away from others. **Isolation** is to keep sick people and those infected with the COVID-19 virus away from those who are not infected. Self-quarantine/isolation reduces the spread of COVID-19.

It is expected that a person is tested AND any person getting a COVID-19 diagnostic test (nasal swab or saliva) will self-quarantine after specimen collection AND are advised of the results of their test, unless otherwise directed by those administering the test.

<i>*This information is effective 2/22/2021 and subject to change as guidance</i>						
	Symptomatic Person Tests positive	Symptomatic Tested negative	Close Contact of person tested positive Someone in household or close contact who tests positive But individual in household is negative Or symptomatic and close contacts of known COVID-19 case but not tested	Asymptomatic Awaiting Test results *But has a household is or close contact ** Staff members awaiting test results of an exposed or symptomatic household contact should stay out of work until household member receives their test results	Non-Household Close Contacts (individuals deemed as close contacts out of household contact)	School Exposure *Same quarantine applies; below indicates ability to work remotely
Timeframe for Self-Quarantine or Self-Isolation	10 days since symptoms first begin Return day 11 AND w/ improved symptoms.	10 day quarantine w/ o test & NO symptoms Return day 11 OR 7 days w/ NEGATIVE test resulted TESTED within 5-7 testing period & No symptoms	10 days total after specimen collection assuming no symptoms develop plus 7 days for potential incubation period Return day 18 (was formerly 25 days) ***Please note, if the person in household can self-isolate, reduced timeframes (still test between day 5-7) IF household member cannot self-isolate, do 10 days plus additional 7 days	At least 24 hours (1 full day) after symptoms go away without fever reducing medications 7 days w/ NEGATIVE test resulted TESTED within 5-7 testing period & No symptoms	Previously the requirement was 14 days return day 15. Improved symptoms are temperature free without pain relievers. Close contact out of the household may return day 11 with improved or no symptoms, temperature free or no pain relievers.	Administrative approval to work remotely is REQUIRED Quarantine as indicated in previous columns
IF school is remote due to COVID	Can work remotely during period of remote days and Sick/Personal days are retracted until in-person learning resumes					
If school is remote due to SNOW DAY	Can work remotely during period of remote days and Sick/Personal days are retracted until in-person learning resumes					
If school is closed	Days / weekends count towards quarantine time					
Quarantine for Medical Reasons	If a person is required to quarantine for medical related surgeries or reasons, they must use their sick and personal time. If this quarantine is related to a Leave of Absence, the same applies.					
Awaiting Household Member Test Results	** Staff members awaiting test results of an exposed or symptomatic household contact should stay out of work until a household member receives their test results. Staff member must use their own sick and personal time while awaiting test results					
Vaccines	Quarantine recommendations are not required for people who tested					

Persons not needing to quarantine:

COVID-19 positive (viral test) within 3 months: Persons who tested positive for COVID-19 (viral test), clinically recovered from COVID-19 and then have close contact with someone with COVID-19 within 3 months does not need to be quarantined or retested. However, persons who have close contact with someone with COVID-19 more than 3 months after the initial infection should quarantine as outlined above.

Vaccine Updated protocols will follow the updated guidance outlined by NJ Dept. of Health & CDC guidelines:

Fully vaccinated persons who have close contact with someone with COVID-19 do not need to quarantine if they meet all of the following criteria:

1. Are fully vaccinated (i.e., ≥2 weeks following receipt of the second dose in a 2-dose series)
2. Are within 3 months following receipt of the last dose in the series, AND
3. Have remained asymptomatic since the current COVID-19 exposure

*****Masks, social distancing, and handwashing are always still required!**

Travel Guidance: New Jersey strongly discourages all non-essential interstate travel at this time (as of 2/26/2021)

Travelers and residents returning from **any U.S. state or territory** beyond the immediate region (New York, Connecticut, Pennsylvania, and Delaware) should self-quarantine at their home, hotel, or other temporary lodging following [recommendations from the CDC](#).

If travel is unavoidable, travelers should consider getting tested with a viral test (not an antibody test) 1-3 days before the trip and again 3-5 days after the trip.

If travelers test positive, they should **self-isolate for at least 10 days and should postpone travel during that time.**

If travelers test negative, they should **quarantine for a full 7 days after travel.**

If testing is not available (or if the results are delayed), travelers should **quarantine for 10 days after travel.**

Areas important to note as outlined by Burlington County Health Department:

**14 days is always preferred as the best way to prevent COVID-19 transmission.

- COVID-19 incubation period is 2-14 days.
- Symptoms often appear 5-6 days after exposure but may appear up to 14 days after exposure.
- A person is considered infectious two days before they test + or develop symptoms. However, some individuals do not develop symptoms and may expose others without knowing.
- *Household contacts are individuals who live in the same house as a COVID-19 case.
- Close contacts are individuals who were within 6 feet of a COVID-19 case for 15 minutes over a 24-hour period or had direct contact with the infectious secretions of a COVID-19 case (e.g., were coughed on).
- Walking past a COVID-19 case or just being in the same building does NOT qualify as being a close contact.
- **To locate a testing site near you: covid19.nj.gov/testing**