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What's new in 2022? CDC updates isolation, quarantine, and vaccine recommendations

Eau Claire, WI. January 06, 2022 – The Chippewa Valley is now experiencing the case surge that was expected following holiday gatherings and because of the highly contagious Omicron variant. Eau Claire County is averaging over 100 new cases per day for the first time since November 2020 and has a record high positivity rate of 22.7%. The state health department reported a record-high number of 10,288 new cases state-wide for January 4th and a record positivity rate of 27%.

As a result of the high number of cases, Health Department staff may not be able to contact everyone who tests positive. If you test positive and do not get a call from the Health Department, visit bit.ly/CovidContact to learn what do after testing positive. If you were in contact with people in your home, work, or other settings before your positive test, be sure to let them know that they were exposed and need to quarantine. Quarantine instructions are also located at bit.ly/CovidContact.

CDC has recently updated their guidance for what to do if you test positive or need to quarantine, and those changes are summarized below. Complete information can be found at www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html

If you test positive:

- **Stay home** and away from others (isolate) and monitor your symptoms. The first day of symptoms is day 0.
- **Get an antigen [test](#) on day 5.**
 - **If negative**, and you have no symptoms, you can leave your home on day 6 if you can wear a well-fitting mask through day 10. Do not go places where you cannot mask (restaurants, some gyms, pools, etc.)
 - **If you test positive** on day 5 or later, you *must* stay home for 10 full days.
- **If you cannot mask**, you *must* stay home for 10 full days.
- **Notify your close contacts** that they need to quarantine.

If you are exposed:

Who needs to quarantine:

As of December 27, 2021, the definition of who needs to quarantine has been updated. People that need to quarantine are those that are not vaccinated, not yet complete with their primary vaccine series, or are 18+ and have not received their booster.

How to quarantine:

- **Stay home and away from other people for at least 5 days** after contact with someone who tested positive. Day 0 is the day of exposure.
- **Monitor for symptoms** for 10 days and [get tested](#) right away if you develop symptoms
- **If you do not have symptoms, [get tested](#) on day 5 or later.**
 - **If negative**, you can leave your home and must wear a [well-fitting mask](#) in public through day 10.
 - **If positive**, stay home and follow isolation instructions at bit.ly/CovidContact.
 - **If you can't get a test**, you can leave your home after day 5 if you never had any symptoms. You must wear a well-fitting mask through day 10. Avoid traveling and higher risk people for 10 full days.
- **If you cannot mask you must stay home for 10 days.**
- **Do not go places where you cannot mask, such as restaurants, etc. for 10 days** after your last close contact

Who doesn't need to quarantine:

Individuals ages 5-17 who have received 2 doses of vaccine as well as anyone who has been vaccinated and boosted do not need to quarantine. These individuals need to **wear a well-fitting, double, or KN95 mask** for 10 days after contact and **test on day 5** or anytime they experience symptoms.

Anyone who has tested positive in the last 90 days with a confirmed [viral test](#) does not need to quarantine. These individuals need to **wear a well-fitting, double, or KN95 mask** for 10 days after contact.

Vaccination update:

On January 5th, the CDC recommended that 12- to 15-year-olds receive a booster dose. They also recommended that the Pfizer booster is given 5 months after the second dose of Pfizer, instead of 6 months. *Note: The Health Department is not able to offer booster doses to 12- to 15-year-olds and to those that received Pfizer second dose 5 months ago until they receive final guidance from the state health department.* Vaccine appointments are available at vaccines.gov.

For further questions, visit the covid19eauclaire.org website. The COVID-19 call center is also available during regular business hours at (715) 839-4718.

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