

COVID Guidelines – What to Do

This summary was compiled from the CDC recommendations published on January 4, 2022. The Restaurant Association of Maryland suggests that you read the full recommendations that can be found here:
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine>

If you were in Close Contact with someone with COVID

CDC Definition of Close Contact: Someone who was less than six feet away from an infected person for a cumulative total of 15 minutes or more over a 24-hour period.

1. Wear a mask around others for 10 days after close contact
2. Get a COVID test 5 days after close contact
3. If you develop symptoms and/or test positive – move to isolation protocols

No need to Quarantine IF:

1. You are vaccinated with the two primary shots AND a booster
2. You are between the ages of 5-17 and received at least the two primary shots
3. You had COVID within the last 90 days – confirmed by a viral test

Quarantine IF:

1. You are not vaccinated with the two primary shots AND a booster

What does Quarantine Mean?

- Stay at home and away from people for at least 5 days after close contact and then get tested
- If symptoms occur before Day 5, get tested immediately
- If you are unable to quarantine, you should wear a mask for 10 days when around others at home and in public
- Do not travel or go to places where you are unable to wear a mask

If you Test Positive for COVID - Isolate

1. Isolate for 5 Days
2. You may end isolation after 5 days if you are fever free and other symptoms have improved
3. If you still have a fever after 5 days, continue to isolate until fever resolves
4. Continue to wear a mask around others for 5 additional days after isolation

What does Isolation Mean?

- Stay at home in a separate room from other household members, if possible
- Use a separate bathroom, if possible
- Take steps to improve ventilation at home, if possible
- Avoid contact with other members of the household and pets
- Don't share personal household items, like cups, towels, and utensils
- Wear a mask when you need to be around other people
- Do not travel or go to places, especially where you are unable to wear a mask