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Mono County Health Department

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CDC Streamlines COVID-19 Guidance

Individuals Exposed to a Close Contact No Longer Required to Quarantine

August 31, 2022 – On Thursday, August 11th, the Centers for Disease Control and Prevention (CDC) announced streamlining its COVID-19 (Coronavirus) guidance to help individuals better understand their risk, how to protect themselves and others, what actions to take if exposed to COVID-19, and what actions to take if they are sick or test positive for the virus. COVID-19 continues to circulate globally, however, the CDC referenced that with so many tools available to us for reducing COVID-19 severity, there is significantly less risk of severe illness, hospitalization, and death compared to earlier in the pandemic.

“We’re in a stronger place today as a nation, with more tools-like vaccination, boosters, and treatments-to protect ourselves, and our communities, from severe illness from COVID-19,” said Greta Massetti, PHD, MPH, MMWR author. *“We also have a better understanding of how to protect people from being exposed to the virus, like wearing high-quality masks, testing, and improved ventilation. This guidance acknowledges that the pandemic is not over, but also helps us move to a point where COVID-10 no longer severely disrupts our daily lives.”*

In support of this update, CDC is:

- Continuing to promote the importance of being up to date with vaccination;
- Updating its guidance for people who are not up-to-date on COVID-19 vaccines to align with guidance for people who are up-to-date on COVID-19 vaccines as it relates to COVID-19 exposure;
- Recommending that instead of quarantining if you were exposed to COVID-19, you wear a high-quality mask for 10 days and get tested on day five;
- Reiterating that regardless of vaccination status individuals should isolate from others when positive for COVID-19, or experiencing symptoms and awaiting test results; and,
- Recommending that if you test positive for COVID-19, you stay home for at least five days and isolate from others in your home.

The California Department of Public Health has not issued a recommendation in support or opposition of the CDC's updated guidance. Additional details regarding the CDC's updated guidance can be accessed [here](#).

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