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CDC Quarantine and Isolation Guidance Adopted by the Ohio Department of Health and ACHD

If someone is covid positive AND asymptomatic (without symptoms)

- Isolate for 5 days at home and so long as they remain asymptomatic, on the 6th day, they can return to daily activity but are instructed to follow strict masking around anyone else for 5 additional days

If someone is covid positive with symptoms

- Isolate for 5 whole days at home, on the 6th day, if all symptoms are improving AND no fever for 24 straight hours prior without the help of medications, THEN return to daily activity WITH 5 more days of strict mask wearing; severely ill individuals should isolate for 10 days and consult with their doctor before ending isolation

If someone is exposed and unvaccinated OR 5 months since the Moderna or Pfizer 2 shot series or 2 months since the J&J shot AND have not had a booster

- Quarantine for 5 days and then they can return to daily activity but are instructed to follow strict mask wearing around anyone else for 5 additional days; If you are unable to quarantine, wear a well-fitting mask for 10 days when around others at home and in public.
- If symptoms develop during the 10 days following an exposure, a covid test should be taken immediately to determine if isolation is necessary
- Anyone exposed should covid test after day 5 of the exposure regardless if symptoms are present or not

If someone is exposed within 5 months of the completed Moderna or Pfizer series or within 2 months of their J&J vaccine OR had their booster OR had confirmed covid using a viral test within 90 days of the exposure

- There is no need to quarantine at all, strict mask wearing for 10 days post exposure is necessary
- If symptoms develop during the 10 days following an exposure, a covid test should be taken immediately to determine if isolation is necessary
- Anyone exposed should covid test after day 5 of the exposure regardless if symptoms are present or not

Any positive individual can spread covid up to 10 days or possibly longer if severely ill; All individuals isolating or quarantining should avoid travel and avoid being around high risk individuals; Day 1 for isolation or quarantine is the first full day after the date of exposure, start of symptoms, or your test collection; **IF YOU ARE UNABLE TO WEAR A MASK AROUND OTHERS, YOU SHOULD CONTINUE TO STAY AT HOME FOR THE FULL 10 DAYS OF YOUR ISOLATION OR QUARANTINE PERIOD.**

These guidelines are subject to change without notice, for the latest CDC covid guidance, please visit their website:
1/28/2022 <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

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