



# Health Advisory

**Date:** December 29, 2021  
**From:** Spokane Regional Health District (SRHD) Epidemiology  
**To:** Spokane County Healthcare Health Care Providers  
**Subject:** Updated COVID 19 Guidance on Isolation and Quarantine: General Public and Healthcare Workers

*Please ensure that this information is shared with the appropriate personnel in your facility. Thank you.*

The Washington State Department of Health (DOH) announced updates to state isolation and quarantine guidance for the general public, in alignment with the newly released recommendations from the [Centers for Disease Control and Prevention \(CDC\)](#).

Additionally, due to concerns about increased transmissibility of the COVID-19 Omicron variant, the CDC recently updated their [work restriction recommendations for healthcare personnel \(HCP\)](#). DOH is also updating the guidelines for Washington to align with CDC recommendations. To ensure occupational health and safety, employers should refer to and follow all applicable worksite requirements outlined by the Department of Labor and Industries (L&I). Updates of other CDC healthcare infection prevention and control guidance are in process to more closely align with the changes made for healthcare personnel.

SRHD is adopting the new guidance to be in alignment with DOH and CDC.

<b>For the General Public:</b>	
<b>If You Test Positive for COVID-19 (Isolate)</b>	
<p>Everyone, regardless of vaccination status.</p> <ul style="list-style-type: none"> <li>Stay home for 5 days.</li> <li>If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.</li> <li>Continue to wear a mask around others for 5 additional days.</li> </ul> <p><i>If you have a fever, continue to stay home until your fever resolves.</i></p>	
<b>If You Were Exposed to Someone with COVID-19 (Quarantine)</b>	
<b>If you:</b>	
<ul style="list-style-type: none"> <li>❖ Have been boosted OR</li> <li>❖ Completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR</li> <li>❖ Completed the primary series of J&amp;J vaccine within the last 2 months</li> </ul>	<ul style="list-style-type: none"> <li>Wear a mask around others for 10 days</li> <li>Test on day 5, if possible</li> </ul> <p><i>If you develop symptoms get a test and stay home</i></p>
<b>If you:</b>	
<ul style="list-style-type: none"> <li>❖ Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR</li> <li>❖ Completed the primary series of J&amp;J over 2 months ago and are not boosted OR</li> <li>❖ Are unvaccinated</li> </ul>	<ul style="list-style-type: none"> <li>Stay home for 5 days. After that continue to wear a mask around others for 5 additional days</li> <li>If you can't quarantine you must wear a mask for 10 days</li> <li>Test on day 5 if possible</li> </ul> <p><i>If you develop symptoms get a test and stay home</i></p>

**For the Healthcare Setting, this interim guidance is intended to assist with the following:**

1. Determining the duration of restriction from the workplace for healthcare providers (HCP) with SARS-CoV-2 infection.
2. Assessment of risk and application of workplace restrictions for asymptomatic HCP with exposure to SARS-CoV-2.

**Key Points**

- In general, asymptomatic HCP who have had a higher-risk exposure do not require work restriction if they have received all COVID-19 vaccine doses, including booster dose, as recommended by [CDC](https://www.cdc.gov) and do not develop symptoms or test positive for SARS-CoV-2. The duration of protection offered by booster doses of vaccine and their effect on emerging variants are not clear; additional updates will be provided as more information becomes available.

**Work Restrictions for HCP With SARS-CoV-2 Infection and Exposures**

HCP are considered “boosted” if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC. HCP are considered “vaccinated” or “unvaccinated” if they have NOT received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC.

For more details, including recommendations for healthcare personnel who are immunocompromised, refer to Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 (conventional standards) and Strategies to Mitigate Healthcare Personnel Staffing Shortages (contingency and crisis standards).

**Work Restrictions for HCP With SARS-CoV-2 Infection**

Vaccination Status	Conventional	Contingency	Crisis
Boosted, Vaccinated, or Unvaccinated	10 days OR 7 days with negative test <sup>1</sup> , if asymptomatic or mildly symptomatic (with improving symptoms)	5 days with/without negative test, if asymptomatic or mildly symptomatic (with improving symptoms)	No work restriction, with prioritization considerations (e.g., asymptomatic or mildly symptomatic)

**Work Restrictions for Asymptomatic HCP with Exposures**

Vaccination Status	Conventional	Contingency	Crisis
Boosted	No work restrictions, with negative test on days 2 <sup>2</sup> and 5–7	No work restrictions	No work restrictions
Vaccinated or Unvaccinated, even if within 90 days of prior infection	10 days OR 7 days with negative test	No work restriction with negative tests on days 1 <sup>1</sup> , 2, 3, & 5–7	No work restrictions (test if possible)

<sup>1</sup>Negative test result within 48 hours before returning to work

<sup>2</sup>For calculating day of test: 1) for those with infection consider day of symptom onset (or first positive test if asymptomatic) as day 0; 2) for those with exposure consider day of exposure as day 0



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[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

For the full guidance document visit:

[Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 | CDC](https://www.cdc.gov/media/releases/2021/s1223-21-interim-guidance-managing-healthcare-personnel.html)