



Chippewa County Department of Public Health



711 N Bridge Street, Room 121, Chippewa Falls, WI 54729
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www.co.chippewa.wi.us/ccdph

To: Chippewa County School Administrators
From: Angela Weideman, Health Officer/Director
Date: January 4, 2022
Re: Updated COVID-19 Isolation and Quarantine Guidance

Summary:

- We anticipate that the CDC will be providing updated guidance related to isolation and quarantine for schools in the upcoming days.
- The CDC released shortened recommendations for isolation and quarantine for COVID-19 which WI DHS supported.
- The reduced isolation period is 5 days. If symptoms are resolving and the person is free of fever without using a fever-reducing medication for 24 hours, they can leave the house if they wear a well-fitting mask around others for days 6-10. If a person is unwilling or unable to wear a mask, the default isolation period is 10 days.
- It is critical to wear a well-fitting mask on days 6-10 when using a shortened isolation or quarantine period.

Background:

On December 27, 2021, the Centers for Disease Control and Prevention (CDC) released a media statement, [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#). The following day the Wisconsin Department of Health Services (WI DHS) released a [statement](#) in support of the CDC recommendations to shorten isolation and quarantine period for the general public given what we know right now about COVID-19 and the Omicron variant.

UPDATED COVID-19 ISOLATION AND QUARANTINE GUIDANCE

If You Test Positive for COVID-19 (isolate)

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- Try to limit exposure of others in the household.
- Use a bathroom by yourself if possible; otherwise, clean between use (same as previous guidance).
- If you do not have symptoms or your symptoms are resolving after 5 days, you can leave your house.
 - If you have a fever, continue to stay home until fever resolves.
 - If you need to take an over-the-counter medication to reduce the fever (i.e., Tylenol, ibuprofen, etc.), that does not meet this criterion and continue to stay home.
 - Wear a well-fitting mask around others for 5 additional days (Days 6-10).
 - **If the above cannot be met, continue to isolate for the full 10 days.**



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If You Were Exposed to Someone with COVID-19 (quarantine)

If you:

Have been boosted

OR

Completed the Pfizer-BioNTech (Comirnaty) or Moderna vaccination series within the last 6 months

OR

Received the Johnson & Johnson (J&J) vaccine within the last 2 months

- Wear a mask around other for 10 days.
- Test on day 5, if possible.
- If you develop symptoms, get a test and stay home.

Note: The exposure must have been at least 14 days from you booster shot or last dose in your vaccination series.

If you:

Completed the Pfizer-BioNTech (Comirnaty) or Moderna vaccinations series over 6 months ago and are not boosted

OR

Received the Johnson & Johnson (J&J) vaccine over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- Monitor for symptoms for 10 days.
- Test on day 5, if possible.
- If you develop symptoms, get a test and stay home.