



**Isolation & Quarantine Options
Eastern Band of Cherokee Indians
(Updated 1/5/22)**



QUALIFICATIONS FOR BEING UP-TO-DATE ON VACCINE SERIES AND BOOSTER:

Vaccine Guidance	Moderna	<p>You are up-to-date on your Moderna vaccines if you meet the following criteria:</p> <p style="text-align: center;">Have been boosted OR Completed the primary series of Moderna (dose 1 and dose 2) vaccine within the last 6 months.</p>
	Pfizer	<p>You are up-to-date on your Pfizer vaccines if you meet the following criteria:</p> <p style="text-align: center;">Have been boosted OR Completed the primary series of Pfizer (dose 1 and dose 2) vaccine within the last 5 months.</p>
	J&J	<p>You are up-to-date on your J&J vaccines if you meet the following criteria:</p> <p style="text-align: center;">Have been boosted OR Completed the primary series of J&J (1 shot) vaccine within the last 2 months.</p>

IF YOU TEST POSITIVE FOR COVID-19 (Isolate)

All Cases ages 5 years and older	Symptomatic	<p>Isolate for 5 days after symptom onset. Isolation count begins the day after symptoms. (ex: symptom onset is 1/4, Day 1 is 1/5, Day 5 is 1/9, if symptoms are resolving on 1/9, return to work on Day 6 1/10) If symptoms are resolving on Day 5 (no fever without fever-reducing medication or severe symptoms. Slight cough or congestion that is improving is fine) the case can return to normal activity/work on Day 6 as long as they wear a well-fitted mask over the nose and mouth on Days 6-10.</p>
	Asymptomatic	<p>Isolate for 5 days after positive test. Isolation count begins the day after positive test. (ex: positive test is 1/4, Day 1 is 1/5, Day 5 is 1/9, if still no symptoms on 1/9, return to work on Day 6 1/10) If still asymptomatic on Day 5, they can return to normal activity/work on Day 6 as long as they wear a well-fitted mask over the nose and mouth on Days 6-10. If symptoms develop at any point, isolation starts over with the day after symptom onset date as the new Day 1.</p>
All Cases ages 4 years and younger	Symptomatic	<p>Isolate for 10 days after symptom onset. Isolation count begins the day after symptoms. (ex: symptom onset is 1/4, Day 1 is 1/5, Day 10 is 1/14, if symptoms are resolving on 1/14, return to school on Day 11 1/15) If symptoms are resolving on Day 10 (no fever without fever-reducing medication or severe symptoms. Slight cough or congestion that is improving is fine) the case can return to normal activity/school on Day 11.</p>
	Asymptomatic	<p>Isolate for 10 days after positive test. Isolation count begins the day after positive test. (ex: positive test is 1/4, Day 1 is 1/5, Day 10 is 1/14. If still no symptoms on 1/14, return to school on Day 11 1/15). If still asymptomatic on Day 10, they can return to normal activity/school. If symptoms develop at any point, isolation starts over with the day after symptom onset date as the new Day 1.</p>

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19 (Quarantine)

All contacts ages 5 years and older	Symptomatic	<p>Up to Date on Vaccine Series and Booster Recommend a Covid test if available. Quarantine for 5 days after symptom onset. Quarantine count begins on the day after symptom onset (see isolation guidance for example). If symptoms are resolving on Day 5 (no fever with no fever-reducing meds or severe symptoms, slight cough or congestion that is resolving is fine) then contact can return to normal activity on Day 6 as long as they wear a well-fitted mask over nose and mouth on Days 6-10.</p>
	Not up to date on vax	<p>No need to quarantine unless symptoms develop. If symptoms develop, test if available and quarantine for 5 days, can return to normal activity/work on Day 6 as long as they wear a well-fitted mask over the nose and mouth.</p>
	Asymptomatic	<p>Up to Date on Vaccine Series and Booster Recommend testing on Day 5 if possible. Quarantine for 5 days after exposure. Quarantine count begins on the day after exposure (Ex: If Date of exposure is 1/4, Day 1 is 1/5 and Day 5 is 1/9). If no symptoms have developed by Day 5, they can return to normal activity/work Day 6 as long as they wear a well-fitted mask over nose and mouth on Days 6-10.</p>
	Not up to date on vax	<p>Recommend testing on Day 5. Quarantine for 10 days after exposure. If no symptoms have developed by Day 10, they can return to normal activity/school Day 11.</p>
ALL Contacts ages 4 years and younger	Symptomatic	<p>Vaccines are not authorized for this age group yet Contact your pediatrician for testing and treatment advice. Quarantine for 10 days after symptom onset. If symptoms are resolving on Day 10 (no fever or severe symptoms, slight cough or congestion that is resolving is fine) the contact can return to normal activity on Day 11.</p>
	Asymptomatic	<p>Recommend testing on Day 5. Quarantine for 10 days after exposure. If no symptoms have developed by Day 10, they can return to normal activity/school Day 11.</p>
Ongoing/ Household exposures	Symptomatic	<p>Up to Date on Vaccine Series and Booster Recommend a Covid test if available. Quarantine for 5 days after symptom onset. If symptoms are resolving on Day 5 (no fever with no fever-reducing meds or severe symptoms, slight cough or congestion that is resolving is fine) then contact can return to normal activity on Day 6 as long as they wear a well-fitted mask over nose and mouth on Days 6-10.</p>
	Not up to date on vax	<p>Recommend testing on Day 5 No need to quarantine unless symptoms develop. If symptoms develop, test immediately and quarantine for 5 days after symptoms or until negative PCR results, if able to be tested</p>
	Asymptomatic	<p>Up to Date on Vaccine Series and Booster Recommend testing on Day 5 Quarantine for the duration of the household cases isolation and 5 days after exposure. Date of Exposure is the same day as the last day of isolation for the case in the household. If there are multiple cases, whichever ends their isolation last will set the last date of exposure for the contact. If no symptoms have developed by Day 5, they can return to normal activity Day 6 as long as they wear a well-fitted mask on Days 6-10.</p>
	Not up to date on vax	<p>Recommend testing on Day 5 Quarantine for the duration of the household cases isolation and 5 days after exposure. Date of Exposure is the same day as the last day of isolation for the case in the household. If there are multiple cases, whichever ends their isolation last will set the last date of exposure for the contact. If no symptoms have developed by Day 5, they can return to normal activity Day 6 as long as they wear a well-fitted mask on Days 6-10.</p>