



## COVID-19 Updates on Isolation & Quarantine

**Date:** December 30, 2021

**Public Health Message Type:**  Alert  Advisory  Update  Information

**Intended Audience:**  All public health partners  Healthcare providers  Infection preventionists  
 Local health departments  Schools  ACOs  
 Animal health professionals  Other:

### Key Points:

- N.J. is reporting record-high COVID-19 cases and test positivity rates. Emergency department visits and hospitalizations for COVID-like illness are also increasing,
- As of the week ending December 25, 2021 (MMWR week 51), three N.J. Regions (Northwest, Northeast, and Central East) have very high (red) [COVID-19 Activity Levels \(CALI\)](#).
- On December 23, 2021, CDC issued [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#) to enhance protection for healthcare personnel (HCP), patients, and visitors, and to address concerns about potential impacts on the healthcare system given a surge of SARS-CoV-2 infections.
- On December 27, 2021, CDC issued a press release titled [Recommended Isolation and Quarantine Period for General Population](#) shortening the recommended time for isolation and quarantine for the general public.
- CDC is currently updating guidance documents for specific settings to consider how updated isolation and quarantine timeframes should be incorporated. NJDOH is aware that there are many questions concerning how these timeframes will be applied. NJDOH is reviewing N.J. setting-specific guidance documents and will incorporate CDC recommendations once released.

### Actions:

- Healthcare facilities should follow [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#) and soon to be released NJDOH guidance.
- Most community settings and the general public should follow the timeframes outlined by CDC at [Recommended Isolation and Quarantine Period for General Population](#). NJDOH guidance will be released soon.
- CDC has not yet applied the recently revised isolation and quarantine timeframes for the general population to high-risk congregate care settings (e.g., corrections, shelters, group homes, drug treatment centers) and other specialized settings (e.g., schools, institutions of higher education, childcare). Therefore, these settings should continue to follow current posted CDC/NJDOH setting-specific guidance. Once CDC updates guidance for these settings, NJDOH will update state guidance/recommendations accordingly. While we expect CDC will release updated guidance soon, we do not have dates for when this will happen.

### Contact Information:

- The Communicable Disease Service at (609) 826-5964 during business hours.

### References and Resources:

- CDC [Recommended Isolation and Quarantine Period for General Population](#)
- CDC [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)
- NJDOH [COVID-19 Activity Levels \(CALI\)](#)