

Mitigation Plan for the Alaska Board of Game
Work Session and Central-Southwest Region Meeting,
January 20 – 29, 2022
Wasilla, Alaska

Updated January 19, 2022

Alaska Department of Fish and Game
Boards Support Section

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Current Conditions re: COVID-19

As of January 14, 2022, Alaska and communities were sustaining the COVID-19 case counts and related information provided in Table 1. While registration for the meeting is ongoing, it is assumed most of the participants will be coming from these Alaska regions/communities.

Table 1.

Location	Cases (last 7 days)	7-Day Case Rate	Risk Alert Level	Percent of Fully Vaccinated
Mat-Su Borough Region	893	832.25	High	-
Greater Wasilla Area*	231	-	-	38.8%
Greater Palmer Area*	126	-	-	48.8%
Anchorage Municipality**	7,102	2,457.7	High	59.5%
Copper River Census Area	23	852.2	High	-
Eagle River*	249	-	-	-
Chugach Census Area / Chugiak	56	118.5	High	48.4%
Fairbanks Region / Fairbanks NSB	1,341	1,380.2	High	54.4%

*Reporting data for January 12-13, 2022, for resident cases. These communities are not listed under 7-day cases and rates.

Matanuska-Susitna Borough Information

The Mat-Su Borough is listed at a High Alert level by the State of Alaska. As of January 14, 2022, 893 cases were reported over the past seven days, with a case rate of 832.2, and the, 12 of the Mat-Su Borough's 14 intensive care unit (ICU) beds were in use. (Note: In Anchorage, 122 of its 140 beds were in use. Between the two vicinities, 85% of the ICU bed capacity was in use.)

For information on the conditions for the Mat-Su borough area, visit the State of Alaska COVID-19 dashboard website at: <https://alaska-coronavirus-vaccine-outreach-alaska-dhss.hub.arcgis.com/> or contact the Mat-Su Public Health Center website at <https://dhss.alaska.gov/dph/nursing/pages/mat-su-public-health-center.aspx>.

¹The 7-day case rate is a common measurement for comparing the prevalence of COVID-19 in various communities or regions with different populations. Using 100,000 population as the flagpole, it asks "what is the average number of daily cases if you prorate the population to 100,000?". In a community like Juneau with a population of 32,000, roughly a third of 100,000, if the community was sustaining 10 cases/day on average, it's

case rate would be 31.25. In a community like Anchorage with a population of 288,970, if there were 50 cases/day on average, it would have a case rate of 17.3.

² All data from the Alaska Department of Health and Social Services daily COVID-19 updates.

Expected Attendance

The Central & Southwest Region meeting is expected to have 70-90 people in attendance between board members, staff and attending public. Table 1 provides a known breakdown at this time and an estimate of unknown public participation based on registration and past meeting attendance.

Organization	Number of People	Notes
Board of Game Members	7	Travelling from Bethel, Juneau, Fairbanks, Chugiak, Talkeetna and Wasilla.
ADF&G Boards Support	4	2 from Juneau; 1 from Dillingham; 1 from Anchorage
ADF&G – Wildlife Conservation	12	
ADF&G – Subsistence Section	4	
Other Agency Staff	2	
Advisory Committee Members Paid for by State	7	
General Public	40-60	An estimate. As of 1/14/22, 35 people have completed the registration form.
Total In Person	~90	

* Actual attendance will vary based on registration numbers between January 14 and the meeting, including registrations at the door.

Facility Considerations

The Best Western Lake Lucille Inn is a hotel & meeting facility with 54 rooms. Board members, staff members, AC members, and members of the public are expected to lodge there during the meeting. Sixteen rooms are reserved for ADF&G Boards Support for staff, board members and AC members.

The meeting space planned for the Board of Game meeting is 3,100 square feet (75' x 43'). The meeting venue entrance for the public is accessible from the stairwell near the hotel lobby. The public exit is on the other side of the meeting room, directly to the outside. Additional entrances & exits are available behind the board meeting table for use by board members and staff. Barriers may be set up in the hallway outside the public entrance of the meeting, to limit gatherings of people in these areas.

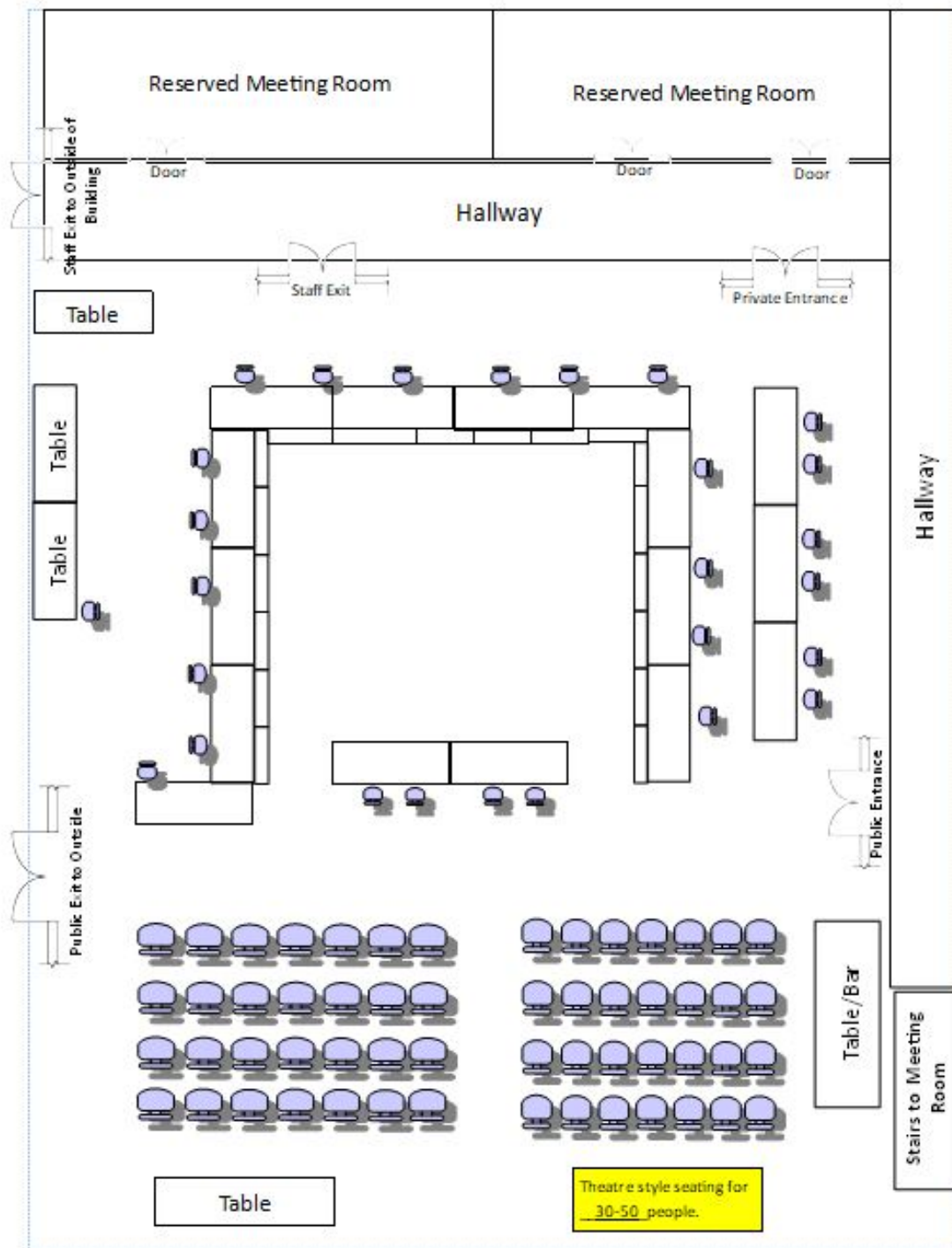


Figure 1. Meeting Room Venue

Mitigation Measures

Pretesting:

Pretesting is not a requirement of meeting attendees but strongly encouraged one day before attending the meeting and as symptoms develop or when in contact with someone who has been infected with COVID-19. For those travelling, testing in one's home community within 1-3 days prior to departure will provide the attendee with information related to infection and whether travel is advisable. Attendees may use at-home antigen tests prior to attendance and according to package instructions. These are available at [the Mat-Su Public Health Center](#) located at 3223 E. Palmer-Wasilla Hwy, #3 and likely available at local pharmacies. Please note that home test instructions advise using the two tests 24 to 48 hours apart.

Per CDC travel updates on January 4, 2022, do not travel if you are:

- Sick
- If you are tested positive for COVID-19 regardless of your vaccination status and haven't ended isolation (you may travel on days 6-10 and wear a mask; day zero is the first day of symptoms or the date of the positive viral test)
- If you had close contact with a person with COVID-19 and haven't ended quarantine (even you don't develop symptoms get tested at least 5 days after your last close contact and make sure your test result is negative before your travel). Please note there is no quarantine requirements if you are up-to-date with vaccination OR had confirmed COVID-19 within the past 90 days.

Registration

Registration is required of all public participants including advisory committee members. Registration will contain contact information, acknowledgement of a waiver and release of liability, and requested sign-up time period for public testimony. A registration table will be stationed near the top of the stairwell in the hotel lobby and individuals entering will be given a badge and asked to have it available upon request throughout the meeting. The link to pre-register for the meeting is: www.adfg.alaska.gov/index.cfm?adfg=gameboard.meetinginfo&date=01-21-2022&meeting=wasilla.

Mask Requirement

Due to the high transmissibility of the Omicron variant and the increased numbers of cases, Lake Lucille Inn management will require masks to be worn in the facility to minimize contracting COVID-19 or cold/flu-like symptoms, which could derail the meeting. Please remember an outbreak of COVID-19 at the meeting may very well could end the meeting. Well-fitting masks are advisable and will be available at the meeting.

Social Distancing

Social distancing is encouraged but not achievable at the meeting, especially at times when there is greater public participation. More members of the public attend. Board members and staff seated around the tables will be spaced out four to six feet which will limit the number of staff at the tables. Public seating will be spaced out four to six feet to the extent practical.

Signage

Boards Support will work with facility management to have appropriate and adequate signage around the building in key locations including the front entrance, when entering the meeting room, and in the main meeting area. Signage will provide –

- The local alert status.
- Mask wearing requirement.
- Encouragement to practice social distancing when possible.
- Encouragement to wash hands, use hand sanitizer, and other measures.
- Information on local medical providers.
- Information about COVID-19 related symptoms.
- Information about when to test, quarantine and isolate.

Traffic Flow

Signage will guide participants on traffic flow into and out of the meeting. Basic floor markings will be made throughout the meeting area to assist in social distancing. As mentioned under the facility considerations section, the meeting venue entrance for the public is accessible from the stairwell near the hotel lobby. The public exit is on the other side of the meeting room, directly to the outside. Additional entrances & exits are available behind the board meeting table for use by board members and staff only.

Physical Equipment

Boards Support will set up sneeze guards around the regional coordinator/record copy desk. Coffee and water service will be limited; water bottles may be available as opposed to water coolers. Ample hand sanitizer, masks, and home tests kits will be available. Air purifiers with hepa filters will be placed around the meeting room. Boards Support has microphone covers to use for shared microphones.

Daily Sanitation

Following each meeting day, Boards Support and venue staff will clean the meeting room and general area. During breaks, boards staff and hotel staff will clean high touch areas. Doors and windows will be opened each day when possible, to improve air flow. Participants will be encouraged to leave the meeting hall quickly after adjournment to allow the cleaning to occur and avoid prolonged exposure to other meeting attendees.

Facility Measures

This mitigation plan represents the entirety of the facilities mitigation measures.

Testing Facilities

Testing facilities are available at several locations in the Wasilla/Mat-Su Borough area, although most for a nominal fee (see Attachment 1). Boards Support also has a supply of home test kits. In the event individuals begin to feel cold and flu-like symptoms, there will be handouts available in the lobby and meeting venue on where to find the clinics. As previously mentioned, at-home test kits are also available at the [Mat-Su Public Health Center](#) located at 3223 E. Palmer-Wasilla Hwy.

Board Process Changes

There are several changes to the board process that will assist in limiting the spread of COVID-19.

Registration: Sign-up for public testimony through early registration will help reduce the number of people in the board meeting room at the beginning of the meeting. This metered approach to handling public testimony is intended to allow individuals to arrive near their scheduled time for testimony in an effort to spread out participants.

Electronic record copies: Record copies (RC) at the meeting will be submitted to Boards Support via email to dfg.bog.comments@alaska.gov for PDF attachments only or with assistance from Boards Support staff. Boards Support staff will scan RCs for those individuals who are unable to email during the meeting. Boards Support staff will not distribute RCs around the table, but rather leave copies at an assigned location for board members that prefer hardcopies. Hardcopies of record copies may not be distributed to meeting attendees. Participants may view RCs from the meeting website.

Remote Participation: There will be increased video capacity in the room. Attendees can watch or listen to the meeting elsewhere and better time when they need to be in the room.

Many ADF&G staff members will participate remotely and/or time their entrance into the meeting room for when they are most needed. Boards Support staff at the meeting will help facilitate side conversations in less-congested areas between board members, staff, and stakeholders upon request.

In Meeting Plan

Response Team

In the event of an outbreak at the meeting, Boards Support will notify all participants and organize a response team to assist affected individuals. Participants will be informed at the outset of the meeting, and repeatedly thereafter, that they can expect confidentiality unless permission is granted, from the response team in the event of sustaining COVID related symptoms.

The response team will consist of Boards Support, the facility manager, and a representative from the Mat-Su Public Health Center.

Medical Facilities

There are several medical facilities in Mat-Su Borough with varying capacities for treating, testing, and vaccinating for COVID-19. These facilities and available services are found in Attachment 1.

Symptom Observation

Attendees are encouraged to carefully monitor their own well-being. If an individual is feeling any common cold/flu-like symptoms listed below, they should not attend the meeting in person unless fully vaccinated, and everyone should get tested at any of the local clinics or with a home test kit including fully vaccinated individuals. Common cold and flu-like symptoms associated with the SARS-CoV-2 virus include:

- persistent dry cough,
- sore throat,
- congestion/runny nose,
- fever,
- tiredness,
- aches and pains,
- sore throat,
- diarrhea,
- headache,
- loss of taste or smell,
- toes or fingers discoloration,
- difficulty breathing or shortness of breath, and
- chest pain or pressure.

Boards Support staff will monitor for individuals displaying any of the common symptoms and will work with attendees if noted. Information for seeking testing services will be available at the meeting venue and hotel lobby. Participants are encouraged to contact the Mat-Su Public Health Center at (907) 352-6600 with any questions or for more information.

Contact tracing

In the event an individual tests positive COVID-19 or is identified as a close contact, the individual is asked to notify Rene' Dillow, Nurse Manager for the Mat-Su Public Health Center at (907) 631-3736. Upon notification, she will notify Boards Support and the facility manager. Messaging will be sent to all registered participants regarding an outbreak with a recommendation that individuals who may know they were exposed to COVID-19 to seek testing. Any work of the contact tracers will be done with confidentiality towards all involved. (See definitions below for exposure, close contact, quarantine, and isolation.)

Isolation and Quarantine

An infected individual must leave the meeting room and isolate in their home or hotel room. Anyone who was exposed and exhibiting symptoms must leave the room and isolate until receiving a negative COVID-19 test result. Anyone identified as having a close contact with an infected person must also quarantine unless you are over 18 and fully vaccinated or had confirmed COVID-19 in the last 90 days. Even if you don't develop symptoms after being exposed, get tested at least 5 days after you last had close contact with someone with COVID-19. [Attachment 2](#) provides details for when to isolate and quarantine per the State of Alaska and the CDC guidance which is summarized below in the December 27, 2021, media statement.

Boards Support will assist staff and board members who need to isolate with the ability to participate remotely if they are well enough to do so. Meeting attendees who are known to be in isolation at the Lake Lucille Inn will be monitored by department and hotel staff. Boards Support will have thermometers and pulse-oximeters for persons to self-check temperatures and oxygen levels. Anyone showing signs of serious illness, need to go to the emergency room.

Once Boards Support is notified of an infected attendee or a person identified as a close contact, the meeting will take a break to assess the level of exposure to participants, particularly board members and staff, so the need to quarantine for participants can be determined. A large number of board members or staff needing to quarantine will cause the meeting to stop for long durations, be postponed, or to continue remotely if possible.

The CDC guidance for isolation and quarantine periods for the general public are as follows:

“People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Additionally, CDC is updating the recommended quarantine period for anyone in the general public who is [exposed to COVID-19](#). For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine

refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious. These recommendations do not supersede state, local, tribal, or territorial laws, rules, and regulations, nor do they apply to healthcare workers for whom CDC has [updated guidance](#).”
(CDC Media statement dated December 27, 2021)

Definitions

Exposure: Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact: **Close contacts** are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Quarantine: If you were exposed, stay away from others when you have been in close contact with someone who has COVID-19 unless up to date with vaccinations.

Isolate: When you are sick or when you have COVID-19, even if you don’t have symptoms. People who are in isolation should stay home or in their hotel rooms until it’s safe for them to be around others.

Transportation

Boards Support will endeavor to assist with transportation for individuals showing COVID-19 related symptoms.

Communication Plan

Through the meeting registration, contact information for all attendees will be collected by Boards Support for rapid communication. Boards Support will use the contact information at several intervals. Prior to the meeting Boards Support will send registrants meeting updates including this mitigation plan. This communication will continue throughout the meeting if there are COVID-19 outbreaks or related medical issues. Boards Support will also include all emails in its Board of Game subscription list for individuals.

In addition to meeting notices sent out as needed, there will be substantial signage throughout the building to serve as reminders and inform attendees on the change in process.

Attachment 1 – Mat-Su Valley Testing and Medical Facilities

Medical Facility, Address, Phone Number	Special Conditions & Other Information
WEKA 10233 E. Palmer-Wasilla Hwy www.weka.us (Beside animal food warehouse)	Drive up Testing. Both rapid and lab-based testing are offered. Cost: Free Hours:
Urgent Care at Lake Lucille Urgent care center · 185 E Parks Hwy · (907) 373-4200 https://www.urgentcarealaska.com/	Please call before going into the clinic for instructions. All patients will be assessed and screened for sample collection and testing as determined by the on-site professional medical staff. No appointment is necessary. Telemedicine and non-covid care also available on-site as needed. Cost: Co-Pay; accepts insurance; copay varies. Hours: M – F: 8:00 – 6 pm Sat – Sun: 9:00 – 5:00
Capstone Sears Testing Clinic 1000 S Seward Meridian Pkwy, Wasilla, AK 99654 (907) 864-4642 https://www.capstoneclinic.com/project/covid19-testing/	Cost: Free Testing Hours: M - F 8 AM - 6 PM Sat - Sunday 10 AM - 3 PM
Mat-Su VA Clinic Medical clinic · 865 N Seward Meridian Pkwy # 105 · In Meridian Point · (907) 631-3100 https://www.va.gov/alaska-health-care/	Appointment required; Referral required. Tests limited to certain patients. Instructions: VA offers coronavirus testing for Veterans who are enrolled in VA health care and meet CDC criteria for testing. If you are a Veteran with symptoms of COVID-19, call your VA health care team or your VA facility's advice nurse before going to any VA location. You can also send your VA provider a secure message through the My HealtheVet health management portal. To apply online for VA health care, visit VA.gov.
Mat-Su Regional Urgent Care 876 East Bogard Road (907) 352-2880	Please follow sign and placards in the parking lot at site location for further instructions Cost: Billed as an urgent care visit plus test fee if applicable, no fees up front mandatory. Hours: Sunday – Saturday: 9 – 5

<p>Mat-Su Health Services 1363 W Spruce Avenue 907-376-2411</p>	<p>All current State and CDC requirements are followed regarding testing. Cost is dependent on ability to pay, and no one will be denied a test if meeting testing criteria due to financial issues but we will bill insurance if someone is insured. Some basic demographic information will be required in order to track test results. Anyone requesting a test should call first for phone screening.</p> <p>Hours: M – F 8:00 – 4:30</p>
<p>Wasilla Medical Clinic 1700 East Parks Hwy Suite 200 (907) 373-6055</p>	<p>Please call before going in for instructions and scheduling assistance. The clinic sends out all Covid tests to a private lab for processing at this time, patients needing urgent testing may be referred to a higher level of testing at another health facility</p> <p>Cost: We bill insurance, co-pay may apply, self-pay patients may make arrangements, no fees up front.</p> <p>Cost: They bill insurance, co-pay may apply, self-pay patients may make arrangements, no fees up front</p> <p>Hours M – F: 9 am – 8 am Sat & Sun: 10:00 am – 6:00 pm</p>
<p>Capstone Clinic Palmer 1200 E. Palmer-Wasilla Hwy (907) 864-4642 info@capstoneclinic.com</p>	<p>Capstone clinic requests patients drive in their vehicle and call the number posted at this mobile site. New patients will need to enroll before accessing testing pre-assessment. Once a patient is enrolled, they will be placed in the queue for assessment.</p> <p>Cost: Co-Pay Hours: M – F: 8 am – 8 pm Sat & Sun: 10 am – 6 pm</p>
<p>Mat-Su Health Services – Big Lake 3261 S Big Lake Rd 907-376-2411 vknapp@matsuhealthservices.org</p>	<p>Please call for phone screening first 907-376-2411. Screening will be done in your vehicle.</p> <p>Cost: Free Hours: M – F: 9 am to 5 pm</p>

Attachment 2 – CDC Guidance for Isolation & Quarantine



COVID-19

Quarantine and Isolation

Updated Jan. 9, 2022

Quarantine

If you were exposed

[Quarantine](#) and stay away from others when you have been in close contact with someone who has COVID-19.

Isolate

If you are sick or test positive

[Isolate](#) when you are sick or when you have COVID-19, even if you don't have symptoms.

When to Stay Home

Calculating Quarantine

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

IF YOU

Were exposed to COVID-19 and are NOT [up-to-date](#) on COVID-19 vaccinations

Quarantine for at least 5 days

Stay home

Stay home and [quarantine](#) for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU

Were exposed to COVID-19 and are **up-to-date** on COVID-19 vaccinations

No quarantine

You do not need to stay home unless you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

IF YOU

were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

No quarantine

You do not need to stay home unless you develop symptoms.

Watch for symptoms

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

[Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

IF YOU

Tested positive for COVID-19 or have symptoms, regardless of vaccination status

Stay home for at least 5 days

Stay home for 5 days and [isolate](#) from others in your home.

Wear a well-fitted mask if you must be around others in your home.

Ending isolation if you had symptoms

[End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

Ending isolation if you did NOT have symptoms

[End isolation after at least 5 full days](#) after your positive test.

If you were severely ill with COVID-19

You should isolate for at least 10 days. [Consult your doctor before ending isolation.](#)

Take precautions until day 10

Wear a mask

Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

Avoid travel

Avoid being around people who are at high risk

DEFINITIONS

Exposure

Contact with someone infected with SARS-CoV-2, the virus that causes COVID-19, in a way that increases the likelihood of getting infected with the virus.

Close Contact

Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes.

Quarantine

Quarantine is a strategy used to prevent transmission of COVID-19 by keeping people who have been in [close contact](#) with someone with COVID-19 apart from others.

Who does not need to quarantine?

If you had close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine .

- You are [up to date](#) with your COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a [viral test](#)).

You should wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). [Get tested](#) at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the [Isolation](#) section below. If you tested positive for COVID-19 with a [viral test](#) within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact. You should wear a [well-fitting mask](#) around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

Who should quarantine?

If you come into close contact with someone with COVID-19, you should quarantine if you are not [up to date](#) on COVID-19 vaccines. This includes people who are not vaccinated.

What to do for quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#) .
- If you develop symptoms, [get tested](#) immediately and isolate until you receive your test results. If you test positive,

follow [isolation](#) recommendations.

If you do not develop symptoms, [get tested](#) at least 5 days after you last had close contact with someone with COVID-19.

If you test negative, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.

If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop [COVID-19 symptoms](#), isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the [isolation](#) section below.

If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.

Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.

If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.

If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

Do not travel during your 5-day quarantine period. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days are completed, wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.

Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

After quarantine

Watch for symptoms until 10 days after your last close contact with someone with COVID-19.

If you have symptoms, isolate immediately and [get tested](#).

Quarantine in high-risk congregate settings

In certain congregate settings that have high risk of secondary transmission (such as correctional and detention facilities, homeless shelters, or cruise ships), CDC recommends a 10-day quarantine for residents, regardless of vaccination and booster status. During periods of critical staffing shortages, facilities may consider shortening the quarantine period for staff to ensure continuity of operations. Decisions to shorten quarantine in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's [setting-specific guidance](#) provides additional recommendations for these settings.

Isolation

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others, or wear a [well-fitting mask](#) when they need to be around others. People in isolation should stay in a

specific “sick room” or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should stay home and isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others at home and in public for an additional 5 days. People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

People who have a [positive viral test](#) for COVID-19, regardless of whether or not they have [symptoms](#).

People with [symptoms](#) of COVID-19, including people who are awaiting test results or have not been tested. People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

What to do for isolation

Monitor your [symptoms](#). If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.

Stay in a separate room from other household members, if possible.

Use a separate bathroom, if possible.

Take steps to [improve ventilation at home](#), if possible.

Avoid contact with other members of the household and pets.

Don't share personal household items, like cups, towels, and utensils.

Wear a [well-fitting mask](#) when you need to be around other people.

Learn more about [what to do if you are sick](#) and [how to notify your contacts](#).

Ending isolation for people who had COVID-19 and had symptoms

If you had COVID-19 and had [symptoms](#), isolate for at least 5 days. To calculate your 5-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days.

You can end isolation after 5 full days if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation).

You should continue to wear a [well-fitting mask](#) around others at home and in public for 5 additional days (day 6 through day 10) after the end of your 5-day isolation period. If you are unable to wear a mask when around others, you should continue to isolate for a full 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. Continue to wear a [well-fitting mask](#). Contact your healthcare provider if you have questions.

Do not travel during your 5-day isolation period. After you end isolation, avoid travel until a full 10 days after your first day of symptoms. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days.

Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days after your first day of symptoms.

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. Collect the test sample only if you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved (loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation). If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel as described above.

¹As noted in the [labeling for authorized over-the counter antigen tests](#) : Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

Note that these recommendations on ending isolation do not apply to people with moderate or severe COVID-19 or with weakened immune systems (immunocompromised). See section below for recommendations for when to end isolation for these groups.

Ending isolation for people who tested positive for COVID-19 but had no symptoms

If you test positive for COVID-19 and never develop [symptoms](#), isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the [first](#) full day after the specimen was collected for your positive test. You can leave isolation after 5 full days.

If you continue to have no symptoms, you can end isolation after at least 5 days.

You should continue to wear a [well-fitting mask](#) around others at home and in public until day 10 (day 6 through day 10). If you are unable to wear a mask when around others, you should continue to isolate for 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

If you develop [symptoms](#) after testing positive, your 5-day isolation period should start over. Day 0 is your [first](#) day of symptoms. Follow the recommendations above for [ending isolation for people who had COVID-19 and had symptoms](#).

Do not travel during your 5-day isolation period. After you end isolation, avoid travel until 10 days after the day of your positive test. If you must travel on days 6-10, wear a [well-fitting mask](#) when you are around others for the entire duration of travel. If you are unable to wear a mask, you should not travel during the 10 days after your positive test.

Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until 10 days after the day of your positive test.

If an individual has access to a test and wants to test, the best approach is to use an [antigen test](#)¹ towards the end of the 5-day isolation period. If your test result is positive, you should continue to isolate until day 10. If your test result is negative, you can end isolation, but continue to wear a [well-fitting mask](#) around others at home and in public until day 10. Follow additional recommendations for masking and restricting travel described above.

¹As noted in the [labeling for authorized over-the counter antigen tests](#) : Negative results should be treated as presumptive. Negative results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions. To improve results, antigen tests should be used twice over a three-day period with at least 24 hours and no more than 48 hours between tests.

Ending isolation for people who were severely ill with COVID-19 or have a weakened immune system (immunocompromised)

People who are severely ill with COVID-19 (including those who were hospitalized or required intensive care or ventilation support) and people with [compromised immune systems](#) might need to isolate at home longer. They may also require testing with a [viral test](#) to determine when they can be around others. CDC recommends an isolation period of at least 10 and up to 20 days for people who were severely ill with COVID-19 and for [people with weakened immune systems](#). Consult with your healthcare provider about when you can resume being around other people.

People who are immunocompromised should talk to their healthcare provider about the potential for reduced immune responses to COVID-19 vaccines and the need to continue to follow [current prevention measures](#) (including wearing a [well-fitting mask](#), [staying 6 feet apart from others](#) they don't live with, and avoiding crowds and poorly ventilated indoor spaces) to protect themselves against COVID-19 until advised otherwise by their healthcare provider. Close contacts of immunocompromised people – including household members – should also be encouraged to receive all [recommended COVID-19 vaccine doses](#) to help protect these people.

Isolation in high-risk congregate settings

In certain high-risk congregate settings that have high risk of secondary transmission and where it is not feasible to cohort people (such as correctional and detention facilities, homeless shelters, and cruise ships), CDC recommends a 10-day isolation period for residents. During periods of critical staffing shortages, facilities may consider shortening the isolation period for staff to ensure continuity of operations. Decisions to shorten isolation in these settings should be made in consultation with state, local, tribal, or territorial health departments and should take into consideration the context and characteristics of the facility. CDC's [setting-specific guidance](#) provides additional recommendations for these settings.

This CDC guidance is meant to supplement—not replace—any federal, state, local, territorial, or tribal health and safety laws, rules, and regulations.

Recommendations for Specific Settings

These recommendations do not apply to healthcare professionals. For guidance specific to these settings, see

Healthcare professionals: [Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#)

Patients, residents, and visitors to healthcare settings: [Interim Infection Prevention and Control Recommendations for Healthcare Personnel During the Coronavirus Disease 2019 \(COVID-19\) Pandemic](#)

Additional setting-specific guidance and recommendations are available.

These recommendations on quarantine and isolation do apply to K-12 School settings. Additional guidance is available here: [Overview of COVID-19 Quarantine for K-12 Schools](#)

Travelers: [Travel](#) information and recommendations

Congregate facilities and other settings: [guidance pages for community, work, and school settings](#)

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