

TO: Allegany County Media and Agencies
FROM: Theresa K. Moore, Supervising Public Health Educator/Public Information Officer
RE: Updates on COVID-19 Guidance
DATE: January 5, 2022

News Release: Updates on COVID-19 Guidance

New York State is experiencing record numbers of COVID-19 cases and extremely high hospitalizations that are stressing the healthcare system and public health response capacity. The New York State Department of Health (NYSDOH) has updated the guidance for isolation, quarantine, and the definition of “Fully Vaccinated” following the updated recommendations from the Centers for Disease Control and Prevention (CDC). **Below is a basic overview of the new guidance. The complete guidance from the NYSDOH is available on the Allegany County website at www.alleganyco.com.**

• **Healthcare workers:**

- **Fully Vaccinated* healthcare workers**-COVID-19 positive, with no symptoms or mild symptoms and improving, the guidance for isolation is now 5 days.
- **Un-boosted, Vaccinated healthcare workers**-COVID-19 positive, with no symptoms or mild symptoms and improving, the guidance for isolation is now 5 days.
- **Not vaccinated healthcare workers**-COVID-19 positive the guidance for isolation is 10 days or 7 days with a negative test and no symptoms or mild symptoms and improving.

*The above is based on whether the facility is in conventional, contingency, or crisis staff strategy

(https://www.alleganyco.com/wp-content/uploads/Healthcare-Setting-Return-to-Work-01_04_2022.pdf)

- **The General Public that tests positive for COVID-19 the isolation period has changed to 5 days (for most), where day 0 is day of symptoms starting or if no symptoms, the day the test was completed.**
 - **If no symptoms at the end of 5 days** or if symptoms are improving, the isolation ends and the person should wear a well-fitting mask while around others for an additional 5 days.
 - **Individuals who are unable to wear a well-fitting mask** for 5 days after a 5-day isolation should also follow the regular 10-day isolation.

(https://www.alleganyco.com/wp-content/uploads/NYS-Updated-Isolation-and-Quarantine-Guidance_01042022.pdf)

- **The General Public, if exposed to COVID-19, quarantine as follows, where day 0 is the last date of exposure:**
 - **If fully vaccinated*** (with the booster at least 2 weeks before the first date of exposure) or not yet eligible for a booster, no quarantine is required but these individuals should wear a well-fitting mask while around others for 10 days after the last date of exposure.
 - **If not fully vaccinated*** quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days
 - **If possible, test for COVID-19 at day 5.**



- **If symptoms appear, quarantine and seek testing.** In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance for isolation.

***The definition of fully vaccinated for COVID-19 has changed to include a COVID-19 booster shot when you are eligible (18 years and older). You are eligible for your booster dose if you're:**

- 16 years or older and it's been at least 6 months since your initial Pfizer-BioNTech vaccine series
- 18 years or older and it's been at least 6 months since your initial Moderna vaccine series
- 18 years or older and it's been at least 2 months since your J&J vaccine

For additional information please visit the County webpage at www.alleganyco.com and look under Coronavirus Information where you can find links to guidance documents and other helpful resources.

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