

DOC Quarantine Policy

(Close Contact, but not COVID +)

If you were identified **as a close contact** to COVID-19, these are the steps you should take, regardless of your vaccination status or if you have had a previous infection. A close contact is anyone who was within six (6) feet of an infected person for 15 minutes or more. Please visit CDC [guidance](#) for further details.

Start Precautions Immediately

- **Wear a mask as soon as you find out you were exposed.** Start counting from Day 1.
 - **Day 0** is the day of your last exposure to someone with COVID-19
 - **Day 1** is the first full day after your last exposure.

Continue Precautions for 10 Full Days After Exposure



- **You can still develop COVID-19 up to 10 days after you have been exposed.**
- **Take precautions:**
 - Wear a high-quality mask or respirator (e.g., N95) while indoors at a DOC workplace or interacting indoors with members of the public as part of your official responsibilities.
 - Take extra precautions, such as avoiding crowding and physically distancing, when you are around people who are more likely to get very sick from COVID-19 while onsite at a DOC workplace or interacting with members of the public as part of your official responsibilities.
- **Watch for symptoms**, which might include fever (100.4°F or greater), cough, or shortness of breath.
 - If you develop symptoms, isolate immediately, get tested, and stay home until you know the result.
 - If your test is positive, follow the isolation recommendations.

Get Tested on Day 6 (Even if You Don't Develop Symptoms)



- **If you test negative:** Continue taking precautions through day 10.
- **If you test positive:** Isolate immediately.
- If you tested positive for COVID-19 with a viral test within the previous 31-90 days and subsequently recovered and remain without COVID-19 symptoms, you should test using a viral antigen test. See also: [CDC guidance on specific testing recommendations for those that have had COVID-19 within the past 90 days](#).
- If you have been exposed to COVID-19 but you are not working onsite at an agency workplace or interacting with members of the public in person, DOC does not require you to be tested.

For more information, please refer to the [Department's Info Hub](#).



DOC Isolation Policy

(Confirmed or suspected COVID +)

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with people who are at high risk of getting very sick. **Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.**

WHEN TO ISOLATE

If you have probable or confirmed COVID-19, regardless of your vaccination status, you must not enter a Federal facility or interact with members of the public in person as part of your official responsibilities, consistent with CDC guidance on [isolation](#), and monitor your symptoms.

- **If you test negative:** You can end your isolation.
- **If you test positive:** Follow the full isolation recommendations below.

	If you have no symptoms:	If you have symptoms:
Counting Isolation in Days	<ul style="list-style-type: none"> • Day 0 is the day you are tested (not the day you receive your positive test result). • Day 1 is the first full day following the day you were tested. • If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset. 	<ul style="list-style-type: none"> • Day 0 of isolation is the day of symptom onset, regardless of when you test positive. • Day 1 is the first full day after the day your symptoms start.
Isolation	<p>If you test positive for COVID-19, do not work onsite at a DOC workplace or interact with members of the public as part of your official responsibilities for at least 5 days. Learn more about what to do if you have COVID-19.</p>	
Ending Isolation	<p>If you have no symptoms, you may end isolation and return to working onsite at a DOC workplace or interacting with members of the public as part of your official responsibilities after day 5. If you have a weakened immune system, delay your return from isolation to 10 days.</p>	<p>If you have symptoms, you may end isolation and return to working onsite at a DOC workplace or interacting with members of the public as part of your official responsibilities after day 5 if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving. If you were moderately or severely ill or have a weakened immune system, delay your return from isolation to 10 days.</p> <p>You should continue isolation and restart at day 0 if at any point your COVID-19 symptoms recur or worsen.</p>
Removing Your Mask	<p>Once you've returned to working onsite at a DOC workplace or interacting with members of the public as part of your official responsibilities, you should continue to take precautions consistent with CDC guidance for at least 10 full days, including wearing a high-quality mask or respirator when around others and avoiding being around people who are more likely to get very sick from COVID-19.</p> <p>After you have ended isolation, when you are feeling better, wear your mask through day 10. Starting on day 6, if you have two sequential negative antigen tests taken 48 hours apart, you may remove your mask sooner than day 10.</p>	

For more information, please refer to the [Department's Info Hub](#).

