



**TARRANT COUNTY PUBLIC HEALTH**  
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**Tarrant County Public Health Interim Guidance for Discontinuation of Isolation and Quarantine for General Population**  
**Updated December 29, 2021**

The Centers for Disease Control and Prevention (CDC) and Texas Department of State Health Services have updated their quarantine guidance on December 27, 2021.

Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation from 10 days for people with COVID-19 to 5 days, if asymptomatic, followed by 5 days of wearing a mask when around others. 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. Therefore, people who test positive should isolate for 5 days and, if asymptomatic at that time, they may leave isolation if they can continue to mask for 5 days to minimize the risk of infecting others.

The CDC guidance states that “Local public health authorities determine and establish the quarantine options for their jurisdictions.” Based on information provided by the CDC regarding risk of infectiousness for different isolation durations, as well as the high case numbers in Tarrant County, the Local Health Authority of Tarrant County, recommend the following:

COVID TEST RESULT	QUARANTINE/ISOLATION PERIOD	TARGETED POPULATION	DETAILS
<b>If You Test Positive for COVID-19 (Isolate)</b>	Stay home for 5 days*.	Everyone, regardless of vaccination status.	<p>If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.</p> <p>Continue to wear a mask around others for 5 additional days.</p> <p>If you have a fever, continue to stay home until your fever resolves. Fever resolution means being fever free for 24 or more hours without a fever reducing medication.</p>
<b>If You Were Exposed to Someone with COVID-19 (Quarantine)</b>	<p>Wear a mask around others for 10 days.</p> <p>Test on day 5, if possible.</p>	<p>Have been boosted <b>OR</b> Completed the primary series of Pfizer or Moderna vaccine within the last 6 months <b>OR</b> Completed the primary series of J&amp;J vaccine within the last 2 months</p>	If you develop symptoms, get a test and stay home.
	<p>Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.</p> <p>If you can't quarantine you must wear a mask for 10 days. **</p> <p>Test on day 5 if possible.</p>	<p>Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted <b>OR</b> Completed the primary series of J&amp;J over 2 months ago and are not boosted <b>OR</b> Are unvaccinated</p>	If you develop symptoms, get a test and stay home.

\*People can still shed the virus 5 to 10 days after becoming ill. The longer you can isolate, the less likely you will infect others.

\*\* The quarantine for a minimum of 5 days is strongly recommended.

