

## Schmitt-Thompson Clinical Content

### Telehealth Triage Guidelines



**To:** Telehealth Triage Nurse Colleague and Call Center Leadership  
**From:** Adult and Pediatric STCC Editorial Teams  
**Re:** Changes in CDC Recommendations for COVID-19 Isolation and Quarantine  
**Date:** December 28<sup>th</sup>, 2021

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On December 27<sup>th</sup>, the Centers for Disease Control and Prevention (CDC) updated their guidance for quarantine and isolation. For complete information, go to [CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population | CDC Online Newsroom | CDC](#).

We will be updating the STCC After Hours and Office Hours guidelines in January to reflect these latest changes in guidance from the CDC. In the meantime, these tables from the CDC website should be helpful to your triage nurses. Please distribute.

The table below provides guidance on what to do if a person **tests positive** for COVID-19 (has COVID). The tables on the following page provide guidance if a person is **exposed to COVID-19**.

#### If You Test Positive for COVID-19

#### Isolate

##### Everyone, regardless of vaccination status.

- Stay home for five days.
- If you have no symptoms or your symptoms are resolving after five days, you can leave your house.
- Continue to wear a mask around others for five additional days.

*If you have a fever, continue to stay home until your fever resolves.*

**And you...**

Have been boosted

**OR**

Completed the primary series of Pfizer or Moderna vaccine within the last six months

**OR**

Completed the primary series of J&J vaccine within the last two months

- Wear a mask around others for ten days.
- Test on day five, if possible.

*If you develop symptoms get a test and stay home.*

**And you...**

Completed the primary series of Pfizer or Moderna vaccine over six months ago and are not boosted

**OR**

Completed the primary series of J&J over two months ago and are not boosted

**OR**

Are unvaccinated

- Stay home for five days. After that continue to wear a mask around others for five additional days.
- If you can't quarantine, you must wear a mask for ten days.
- Test on day five, if possible.

*If you develop symptoms get a test and stay home.*