

February 2, 2022

Effective immediately, according to the DuPage County Health Department (DCHD) Education/Daycare Division, the Bloomington Park District is permitted to follow the new CDC COVID-19 guidelines below (in yellow). This applies to staff, volunteers, and patrons. These new timeframes can be applied retroactively to those currently being excluded from work/programming.

These guidelines are aligned with the CDC's newly updated guidance, which shortens the length of time **for isolation for a positive case (vaccinated or unvaccinated) to five (5) days**. Individuals who isolate must do so for five days after symptom onset or a positive test (in the absence of symptoms) and may not leave isolation unless they are without symptoms or until symptoms have improved and they are fever free for 24 hours without the use of fever-reducing medication. This five-day period is a floor minimum; please take the time you need. Please consult the information below for additional details.

Among other updates, this new guidance also **changes quarantine guidelines for individuals who have had close contact exposure to someone diagnosed with COVID-19**, distinguishing between those individuals who are up to date on COVID-19 vaccinations - vaccinated and boosted (or recently fully vaccinated) - or not. **Individuals who are boosted or recently fully vaccinated need not quarantine but wear a [proper mask](#) around others for 10 days**, while **those who are unvaccinated or who are fully vaccinated but are more than six months out from their second dose (2 months for Johnson and Johnson) and not boosted should quarantine at home for five (5) days after exposure**. Please consult the information below for additional details.

Please note the following definitions: "Isolation" is the term used for individuals who are diagnosed with, test positive for, or have symptoms of COVID-19. "Quarantine" is the term used for individuals who have had close contact with someone who was diagnosed with, tested positive for, or is suspected of having COVID-19. "Close contact" is still defined as being "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."

The chart below summarizes our new guidance. For further details, please reference one or both attached documents or following links:

- <https://dph.illinois.gov/covid19/community-guidance/quarantine-guidance.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

Old CDC Guidance	New Guidance
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<p>Isolation Time</p>	<p>Asymptomatic: Isolate for 10 days following the date your positive test was collected.</p> <p>Symptomatic: Isolate for 10 days following the date your symptoms began, plus fever-free for 24 hours, plus other symptoms of COVID improving.</p>	<p>If Positive for COVID-19</p> <p>Everyone:</p> <ul style="list-style-type: none"> Isolate at home for five (5) days from symptom onset or positive test. If you have no symptoms or symptoms are improving after five (5) days, end isolation. Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. If you have a fever, continue to isolate at home until your fever resolves. Do not travel until a full 10 days after your symptoms started or the date of your positive test if you had no symptoms. 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 or positive test.
<p>Quarantine Time</p>	<p>Not Fully Vaccinated: 14 days from last close contact.</p> <p>Fully Vaccinated: None if asymptomatic but must wear a mask for 14 days from last close contact (or until negative COVID test result) and recommended to test on day 5-7 after close contact exposure.</p>	<p>When Exposed as Close Contact to Someone with COVID-19</p> <p>If you (1) completed the primary series of Pfizer or Moderna vaccine over six (6) months ago and are not boosted, or (2) completed the primary series of J&J over two (2) months ago and are not boosted, or (3) are unvaccinated:</p> <ul style="list-style-type: none"> You are not considered up to date on COVID-19 vaccinations. Quarantine at home for five (5) days. 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. Test at least five (5) days after your last close contact. Watch for symptoms. If you develop symptoms, test, and follow the isolation guidance. Avoid travel. <p>If you had confirmed COVID-19 within the past 90 days or are up to date on COVID-19 vaccinations - (1) boosted, or (2) completed the primary series of Pfizer or Moderna vaccine within the last six (6) months, or (3) completed the primary series of J&J vaccine within the last two (2) months:</p> <ul style="list-style-type: none"> No quarantine unless you develop symptoms. Take precautions until day 10. 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. Test at least five (5) days after your last close contact, if not recently positive for COVID-19. Watch for symptoms. If you develop symptoms, test, and follow the isolation guidance.

We thank you for your cooperation. Please let us know if you have any questions.