



CDPHE updates COVID-19 quarantine and isolation guidance to align with CDC

STATEWIDE (Dec. 27, 2021) — Today, the Colorado Department of Public Health and Environment updated guidance to **match new recommendations from CDC regarding COVID-19 isolation and quarantine for healthcare workers** and the general population.

People who live or work in residential or congregate living settings should continue to follow the isolation and quarantine guidance for their setting to mitigate the risk of transmission within the facility.

This updated guidance reduces the recommended time in isolation for those in the general population with COVID-19 from 10 to five days, if asymptomatic on day five, followed by an additional five days wearing a mask when around others. This change is based on data showing that the majority of COVID-19 transmission occurs early in the course of illness.

For those who have been exposed to COVID-19, CDC now recommends quarantine for five days followed by mask use for an additional five days for people who are unvaccinated or are more than six months out from their second Pfizer or Moderna dose (or more than two months after the J&J vaccine) and have not yet received a third dose (or second dose if receiving J&J). Alternatively, for those persons for whom a five days quarantine is not feasible, wearing a well-fitting mask around others for ten days is acceptable.

People who have recently completed their primary vaccination series (within six months of their second dose of Pfizer or Moderna, or within two months of their J&J dose) or who have received their third dose (or second dose if receiving J&J) do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. Regardless of vaccination status, CDC recommends testing on day 5 after exposure or immediately if symptoms develop.

The new guidance also recommends asymptomatic health care providers who have received all recommended vaccines — three doses of Pfizer or Moderna, or one dose of J&J with a second dose more than two months after the initial vaccine — no longer need to be excluded from work after a higher-risk COVID-19 exposure. Residential care facility staff should continue to follow current CDPHE guidance, when applicable.

[CDPHE updates COVID-19 quarantine and isolation guidance to align with CDC | Colorado COVID-19](#)



[Updates](#)

CDC Guidance for Healthcare Professionals with COVID exposure/infection.

[Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 | CDC](#)

Work Restrictions for HCP With SARS-CoV-2 Infection and Exposures

HCP are considered "boosted" if they have received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC. HCP are considered "vaccinated" or "unvaccinated" if they have NOT received all COVID-19 vaccine doses, including a booster dose, as recommended by CDC.

For more details, including recommendations for healthcare personnel who are immunocompromised, refer to Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2 (conventional standards) and Strategies to Mitigate Healthcare Personnel Staffing Shortages (contingency and crisis standards).

Work Restrictions for HCP With SARS-CoV-2 Infection

Vaccination Status	Conventional	Contingency	Crisis
Boosted, Vaccinated, or Unvaccinated	10 days OR 7 days with negative test ¹ , if asymptomatic or mildly symptomatic (with improving symptoms)	5 days with/without negative test, if asymptomatic or mildly symptomatic (with improving symptoms)	No work restriction, with prioritization considerations (e.g., asymptomatic or mildly symptomatic)

Work Restrictions for Asymptomatic HCP with Exposures

Vaccination Status	Conventional	Contingency	Crisis
Boosted	No work restrictions, with negative test on days 2 ¹ and 5-7	No work restrictions	No work restrictions
Vaccinated or Unvaccinated, even if within 90 days of prior infection	10 days OR 7 days with negative test	No work restriction with negative tests on days 1 ¹ , 2, 3, & 5-7	No work restrictions (test if possible)

¹Negative test result within 48 hours before returning to work
²For calculating day of test: 1) for those with infection consider day of symptom onset (or first positive test if asymptomatic) as day 0; 2) for those with exposure consider day of exposure as day 0



cdc.gov/coronavirus