

# Quarantine and isolation guidance for child care

Effective Jan. 13, 2022. In light of new information, the CDC has shortened [quarantine and isolation recommendations](#) for those who can consistently and correctly mask. Please note the following changes to recommendations for child care below.

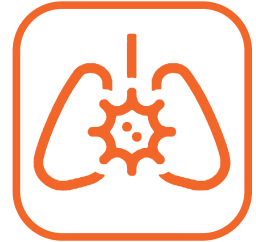
## Quarantine after exposure to a positive case of COVID-19

- Persons aged five and older who are fully vaccinated, including up-to-date on boosters, if eligible, **and** can consistently and correctly mask around others do not need to quarantine. These individuals should wear a mask, **consistently and correctly**, for 10 days from the last date of exposure when around others.
- Individuals who:
  - are unvaccinated **or** adults who are more than five months past the second mRNA vaccine and have not yet received a booster **or** adults more than two months after the Johnson & Johnson vaccine and have not yet received a booster, **AND**
  - can **consistently and correctly** mask around others,must quarantine away from others for five days. These individuals may return to previous activities on Day 6 but should remain masked, consistently and correctly, when around others for an additional five days. Testing for COVID-19 on Day 5 is encouraged.
- **Children under the age of two years and those of any age who cannot consistently and correctly mask (typically children under 4) should quarantine for the full 10 days.**



## Isolation after symptoms or positive COVID-19 test

- Individuals with a confirmed case of COVID-19 must isolate for at least five days and may return when fever free for 24 hours without medication and seeing improvement in other symptoms. These individuals may return to previous activities on Day 6 but should remain masked, **consistently and correctly**, when around others for an additional five days. Isolation Day 0 begins on the first day of symptoms or positive test (if asymptomatic).
- For confirmed cases of COVID-19 where the person cannot consistently and correctly mask for return on Day 6, isolation should continue through Day 10 with return on Day 11 (typically children under 4).
- Anyone who develops new symptoms, regardless of vaccination or previous infections status or how mild the symptoms, should seek a COVID-19 test and isolate until the result is known.



For more information, contact the  
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