



**Indiana**  
Department  
of  
**Health**

## **Long-term Care** **NEWSLETTER**

**LTC Newsletter 2021-62**  
**Dec. 30, 2021**

---

### **LTC Update:**

- **CDC Guidance for Healthcare Personnel with SARS-CoV-2 Infection or Exposure and Strategies to Mitigate Healthcare Personnel Staffing Shortages - *UPDATE***
- **CDC Recommended Isolation and Quarantine Periods for General Population - *UPDATE***

### **CDC Recommended Isolation and Quarantine Periods for General Population - *UPDATE***

Due to concerns about increased transmissibility of the Omicron variant and the potential impact on the healthcare system, CDC has released updated guidance for healthcare personnel with SARS-CoV-2 infection or exposure.

[Strategies to Mitigate Healthcare Personnel Staffing Shortages](#) - Updated December 23, 2021

[Interim Guidance for Managing Healthcare Personnel with SARS-CoV-2 Infection or Exposure to SARS-CoV-2](#) - Updated December 23, 2021

### **CDC Recommended Isolation and Quarantine Periods for General Population - *UPDATE***

Based on the latest data on COVID-19 transmission, CDC has updated the recommended isolation time period for individuals with COVID-19 who remain asymptomatic and updated quarantine recommendations for unvaccinated individuals and those who have not yet received a booster and

are six months out from their second Pfizer or Moderna dose OR two months out from their J&J vaccination.

*\*Per CDC, this guidance ONLY applies to the general public and does NOT apply to congregate settings, including long-term care residents.*

[CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population](#)

– Updated December 27, 2021