

Staff COVID-19 Isolation/Quarantine Policy Updated May 2024

By now you may be aware that the CDC has updated their COVID-19 isolation and quarantine guidelines. As a result, the JCC is making some changes as well.

The CDC has updated the Covid-19 isolation guidance to remove the recommendation that people with Covid-19 stay at home (isolate) for at least five days. Instead, people with Covid-19 can stop isolating depending on their symptoms while taking additional precautions, similar to other respiratory infections such as flu and respiratory syncytial virus (RSV).

If staff have COVID-19 symptoms:

- They should get tested and separate from others right away. For more information about COVID-19 symptoms, visit [cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)
- They should stay home until, for at least 24 hours, they have had no fever without taking fever-reducing medicine and their other symptoms are getting better.
- For five days after leaving isolation, they should follow the steps in the **Take Precautions to Avoid Getting Others Sick** section, below, to prevent spreading the virus to others.

If you test positive for COVID-19 but have no symptoms, you do not need to stay home but still need to follow the steps in the **Take Precautions to Avoid Getting Others Sick** section, below, to prevent spreading the virus to others. For more information about what to do when sick with COVID-19, visit [nyc.gov/health/coronavirus](https://www.nyc.gov/health/coronavirus) and click [When You Are Sick](#)

Take Precautions to Avoid Getting Others Sick

Staff with COVID-19 should follow these precautions when home sick with COVID-19 **and for five days after they return to work or other activities**, as they still may be able to spread the virus to others:

- Wear a well-fitting mask that covers both the nose and mouth whenever around other people.
- Continue to distance from others, especially people at higher risk of serious illness. This includes people age 65 and older, people who have a weakened immune system, and people who have underlying health conditions that increase their risk of serious illness.
- Take steps to improve ventilation, if possible, such as opening windows and using an exhaust fan, when indoors or around others.
- Cover coughs and sneezes, wash hands often, use hand sanitizer, and clean frequently touched surfaces.
- If staff develop a fever or start to feel worse after they have resumed their regular activities, they should stay home and away from others again until, for at least 24 hours, their symptoms are improving overall, and they have not had a fever without taking fever-reducing medicine. Then they should take the other precautions for the next five days.

For more information, visit [nyc.gov/health/coronavirus](https://www.nyc.gov/health/coronavirus)

If you have any questions regarding this policy, please reach out to your supervisor or Randie Vitucci, Director of Human Resources at Rvitucci@sjcc.com