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Dept. of Health Reduces Covid Isolation Time From Ten to Five Days to Come Into Alignment With CDC, Other Changes Announced

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The V.I. Dept. of Health has announced several changes to its Covid-19 policy that aligns with those of the Centers for Disease Control and Prevention's. Most notable is a reduction from ten to five days of quarantine for persons who test positive for the coronavirus. Earlier this month, [D.O.H. required](#) that vaccinated individuals who test positive for the virus quarantine for seven days, while unvaccinated individuals were to isolate for ten days.

Below, the new guidelines:

Isolation: If you have a positive Covid-19 test

- Isolate immediately when you suspect you are infected. Get a test and isolate for 5 days as soon as you receive a positive COVID-19 test regardless of vaccination status. Wear a well-fitted mask at home and do not travel.
- End Isolation after 5 days when fever-free for 24 hours with no fever reducing medication is taken and symptoms are improving. If you were very sick or have a weak immune system, stay in isolation for 10 days and consult a doctor before coming out of isolation.
- After Isolation watch for symptoms for 10 days and wear a well-fitted mask at home and in public. Avoid places where you can't wear a mask. Do not travel for 10 days after symptoms or positive test date. Avoid high-risk persons who are likely to get very sick from COVID-19.

Quarantine: If you have been exposed to a positive Covid-19 Case

For people who are not up-to-date on Covid-19 vaccines:

- Quarantine for 5 days and get tested if you and have had a close contact with someone who is COVID-19 positive. Wear a well-fitted mask at home and watch for symptoms for 10 days. If symptoms develop isolate, get tested and wear a well-fitted mask.
- After quarantine take precautions for 10 days, wear a well-fitted mask, don't go places you can't wear a mask, take precautions traveling and avoid high-risk persons likely to get very sick with COVID-19.'

For people who are up-to-date on Covid-19 vaccines

- No Quarantine is necessary for persons up-to-date (first and second vaccines plus first and second boosters).
- No Quarantine is necessary for persons who were exposed and had a confirmed case of COVID-19 within the past 90 days (on a viral test) without symptoms. Get tested on day 5. Watch for symptoms until day 10.
- Isolate If symptoms develop, get tested and wait for results. Wear a well-fitting mask and continue to take precautions until day 10. Take precautions traveling, wear a well-fitted mask for 10 days and avoid high-risk individuals who may get very sick.