



## COVID-19 FAQs from LCH Patients

Based on information from the CDC website on January 18, 2022:

The Centers for Disease Control and Prevention has cut the quarantine and isolation recommendations for those who test positive or are exposed to COVID-19.

According to CDC definition, isolation relates to behavior following a confirmed COVID-19 infection, and quarantine refers to the confinement period after exposure to someone known to have COVID-19.

➤ **I Tested Positive but I am Asymptomatic:**

If you test positive for COVID-19, the CDC recommends a shortened isolation period of five days if you're asymptomatic.

➤ **I Tested Positive and I am Symptomatic:**

If symptoms, such as a fever, are present, you should continue to stay home until your fever, or the other symptoms, resolve. If your symptoms resolve after five days, and you are without fever for 24 hours, the CDC said you are free to leave your house with a mask on.

➤ **I was exposed and I am vaccinated with booster.**

If you're fully vaccinated — including a booster shot if you're due for it — **you don't have to quarantine if you come in contact with someone who tests positive as long as you aren't symptomatic.** Keep wearing a mask, social distancing and washing your hands.

➤ **I was exposed and I am unvaccinated or not boosted.**

If you are exposed and unvaccinated, or not fully vaccinated, the CDC now recommends that you quarantine for five days, followed by "strict mask use" for five days after your quarantine.

This guidance also applies to people who are more than six months out from their second mRNA dose of the vaccine -- or more than two months out from their Johnson & Johnson Vaccine -- but not yet been boosted.



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➤ **What Day do I start Counting for Quarantine?**

I was exposed to someone who later tested positive:  
Day 0 was the day when you were with that person  
Day 1 is the following day.

➤ **How soon after I have tested positive can I receive a booster?**

You can get a booster once 2 weeks have passed since your last symptom resolved.

➤ **What is the risk of a newborn being infected if the mother has COVID-19?**

Current evidence suggests that the risk of a newborn getting COVID-19 from their mother is low, especially when the mother takes steps (such as wearing a mask and her washing hands) to prevent spread before and during care of the newborn.

➤ **Can COVID-19 spread through breastmilk?**

Current evidence suggests that breast milk is not likely to spread the virus to babies. COVID-19 vaccination is recommended for people who are pregnant, breastfeeding, trying to get pregnant now, or might become pregnant in the future.

➤ **When can I get my booster?**

Pfizer	5 months
J & J	2 months
Moderna	5 months

➤ **When can my child get a booster?**

Only immunocompromised 5–11-year-olds receive an additional primary dose of vaccine 28 days after their second shot. At this time, only the Pfizer-BioNTech COVID-19 vaccine is authorized and recommended for children aged 5-11.

*For more information please go to the CDC website:*  
[www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html](http://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

