

# Important Notice

To: SimpleHR Clients  
 From: Human Resources  
 Date: 1/5/2022  
 Re: Updated CDC Recommendations

Given what we currently know about COVID-19 and the Omicron variant, the CDC has updated its recommendation for lengths of quarantine and isolation. As like all policies, be sure to practice consistently and fairness when returning employees back to work.

Below is a summary outline of CDC's recommendations:

If You Test Positive for COVID-19	
<p><b>Everyone, regardless of vaccination status:</b></p> <ul style="list-style-type: none"> <li>Stay home for 5 days.</li> <li>If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.</li> <li>Continue to wear a mask around others for 5 additional days.</li> </ul> <p><i>If you have a fever, continue to stay home until your fever resolves.</i></p>	
If You Were Exposed to Someone with COVID-19	
<p><b>If you:</b>            Have been boosted  <b>OR</b>            Completed the primary series of Pfizer or Moderna vaccine within the last 6 months  <b>OR</b>            Completed the primary series of J&amp;J vaccine within the last 2 months</p>	<ul style="list-style-type: none"> <li>Wear a mask around others for 10 days.</li> <li>Test on day 5, if possible.</li> </ul> <p><i>If you develop symptoms get a test and stay home.</i></p>
<p><b>If you:</b>            Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted  <b>OR</b>            Completed the primary series of J&amp;J over 2 months ago and are not boosted  <b>OR</b>            Are unvaccinated</p>	<ul style="list-style-type: none"> <li>Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.</li> <li>If you can't quarantine you must wear a mask for 10 days.</li> <li>Test on day 5 if possible.</li> </ul> <p><i>If you develop symptoms get a test and stay home.</i></p>

As a valued SimpleHR Client, we are available to help you work your way through the pandemic. Please call our Human Resources Department for any questions 850-650-9935.

*These recommendations do not supersede state, local, tribal, or territorial laws, rules, and regulations, nor do they apply to healthcare workers for whom CDC has updated guidance.*