



Clinton County Health Department

133 Margaret Street, Plattsburgh, New York 12901-2926

“Working Together for a Healthier Community”

www.clintonhealth.org



Public Health
Prevent. Promote. Protect.

Administration Division

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News Release

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For Immediate Release
Contact: 518-565-4840

Updated Guidance for Isolation and Quarantine

Plattsburgh, January 5, 2022. The Clinton County Health Department (CCHD) has received notification that NYSDOH is aligning with CDC’s updated/shortened isolation and quarantine recommendations. CCHD will begin implementing this guidance in isolation calls made starting Wednesday, January 5, 2022.

For isolation and quarantine of the general population, follow the CDC recommendations (CDC Updates and Shortens Recommended Isolation and Quarantine Period for General Population) as follows:

- For isolation:
 - Isolate for 5 days, where day 0 is the day of symptom onset or (if asymptomatic) the day of collection of the first positive specimen.
 - If asymptomatic at the end of 5 days or if symptoms are resolving, isolation ends and the individual should wear a well-fitting mask while around others for an additional 5 days.
 - Individuals who are moderately-severely immunocompromised should continue to follow standard (i.e., not shortened) Isolation Guidance. Individuals who are unable to wear a well-fitting mask for 5 days after a 5-day isolation should also follow standard (i.e., not shortened) Isolation Guidance. O
- For quarantine:
 - If exposed to COVID-19, quarantine as follows, where day 0 is the last date of exposure:
 - If fully vaccinated and boosted (with the booster at least 2 weeks before the first date of exposure) or not yet eligible for a booster, no quarantine is required but these individuals should wear a well-fitting mask while around others for 10 days after the last date of exposure. If possible, test at day 5 with either a nucleic acid amplification test (NAAT, e.g., PCR) or antigen test.
 - If not fully vaccinated or fully vaccinated and eligible for a booster but not yet boosted, quarantine for 5 days and wear a well-fitting mask while around others for an additional 5 days.
 - If symptoms appear, quarantine and seek testing. In this situation, quarantine would end when the test is negative. If testing is not done, isolate according to the guidance above.

If you are currently quarantined or isolated, please be patient. CCHD is actively seeking additional guidance on implementing these changes retroactively.

At this time, case numbers in Clinton County are extremely high. As such, residents who have tested positive on a lab-confirmed test may be delayed in hearing from a case investigator. If you have tested positive,



“Persons who have any physical mobility or other needs, call the telephone number above to arrange for accommodations”

please stay home and self-isolate while you await further guidance from CCHD. Separate yourself from other household members and notify any close contacts of their exposure.

About the Clinton County Health Department:

The Health Department is an accredited full service department serving the residents of Clinton County. The Health Department’s Mission is to improve and protect the health, well-being and environment of the people of Clinton County. Visit our website at www.clintonhealth.org or connect with us on Facebook (@clintonhealth), Twitter (@ClintonCountyHD), and Instagram (clintoncountyhealth).

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