Refreshing CDC’s Guidance to Sustainably Minimize COVID’s Impact on Health and Society

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SARS-CoV-2 will continue to circulate globally but there is a much lower risk of severe outcomes for most people because we now have treatments, prevention tools, and underlying population immunity.
Public health efforts can now focus on sustainable efforts to minimize impact COVID-19 on health and society.
Guidance to help you make informed decisions to prevent severe COVID-19

1. Know your risk
2. Protect yourself and others
3. Take action if exposed
4. Take action if you are sick or test positive
## Protect Yourself and Others

### To use at any time
- COVID-19 vaccination
- Ventilation and indoor air quality
- Testing for COVID-19, as appropriate
- Avoiding contact with people who have symptoms or who have tested positive
- Following the post-exposure guidance, if exposed
- Staying home when you have symptoms or have tested positive
- Accessing treatment, if needed

### To layer as needed
- Space and distance
- Masks and respirators
- Being outside
Screening Testing

Page intended to help organizations and communities understand when screening testing can be most useful

Screening testing can be done at any COVID-19 Community Level, but may be more useful when the Community Level is Medium or High and the situation poses special risks, e.g.:

- High-risk congregate settings, such as correctional facilities, nursing homes, and homeless shelters, that have demonstrated high potential for rapid and widespread virus transmission to people at high risk for severe illness
- Settings that involve close quarters and that are isolated from healthcare resources (for example, fishing vessels, wildland firefighter camps, or offshore oil platforms)
Understand Exposure & Transmission

Page intended to help people understand how COVID-19 spreads and different factors to consider when assessing if an exposure is likely to result in a transmission.

- Length of time
- Cough or increased breathing
- Symptoms
- Mask use
- Ventilation and filtration
- Distance
Take action if you’re exposed to COVID-19

EVERYONE:

- Watch for symptoms for 10 days
- Wear a mask around others indoors for 10 days, including at home
- Test 5 days after exposure (or sooner if you have symptoms)
- Take extra precautions for 10 days when around people more likely to get very sick
Take action if you test positive

DAY 0

Everyone:
Stay home and away from others (isolate)

People at high risk for severe illness:
Talk to your doctor about treatment

End isolation on day 6 or later if you never had symptoms or if you are fever-free for 24 hours and other symptoms improved

DAY 11 or later

Everyone through day 10:
• Wear a mask OR use 2 negative antigen tests to decide when to stop wearing a mask
• Avoid people at high risk of getting very sick

See CDC’s isolation guidance for more info:
bit.ly/COVID19Isolation

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.