This guidance is intended for the general population, including workplaces. Please note: the shorter isolation/quarantine recommendation does not apply to K-12, homeless shelters, or correctional institutions.

Additionally, children younger than two years of age or other individuals who cannot wear a mask, people who have moderate or severe illness, and people who are immunocompromised must also continue 10-day isolation and quarantine. Further information and frequently asked questions can be found here on the [CDC website: What we know about quarantine and isolation.](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fquarantine-isolation-background.html&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561596055%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=wNG896yrk%2F8o8MFFvPfUAhAcpaSm1RuUyURyiAcgLlI%3D&reserved=0)

**5-Day Quarantine and Isolation Guidance**

**For anyone who tests positive for COVID regardless of vaccination status (Isolation):**

* Stay home for 5 days.
* You DO NOT need to get an additional PCR test if you have had a positive at-home rapid test.
* If you have no symptoms after 5 DAYS, you can leave your house but wear a mask for 5 more days.
* If you have a fever, continue to stay home until your fever is gone for 24 hours.
* To prevent the spread of COVID, tell anyone you have recently had close contact with and encourage them to get tested, monitor for symptoms, and reduce exposure to other people.

**For anyone who has been in close**[**contact**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fphp%2Fcontact-tracing%2Fcontact-tracing-plan%2Fappendix.html%23contact&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561606009%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=b62IPpYVQz0rqqEJR2VUG3XX5DaLft4zauakTA%2BzLzc%3D&reserved=0)**with someone with COVID-19 (Quarantine):**

**These guidelines differ depending on your vaccination status**

*If you are*[*up to date*](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fstay-up-to-date.html&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561606009%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=c5iTywzO84GBlyuWTdYxvA633emy2lGsKnOzxVYHixE%3D&reserved=0)*on all COVID-19 vaccines that you are eligible for:*

* Wear a mask around others for 10 days.
* Test on Day 5 if possible.
* If you develop symptoms at any time, get tested if possible and stay at home until you get your results.
* If you can’t get a test, but still have symptoms, assume you are positive and follow guidelines for a COVID-positive test.

*If you are unvaccinated, not fully vaccinated or without a booster (not up to date on all vaccinations you are eligible for):*

* Stay at home for 5 days.
* Then wear a mask around others for 5 MORE DAYS.
* Test on Day 5, if possible.
* If you develop symptoms at any time, get tested if possible and stay at home until you get your results.
* If you can’t get a test, but still have symptoms, assume you are positive and stay home and follow guidelines for a COVID-positive test.

**For anyone who has**[**symptoms of COVID-19**](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsymptoms-testing%2Fsymptoms.html&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561615965%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=FCNTLGVUH8UUQXij%2FE0ET7x27D0MV9svdF%2BzhiTQUJo%3D&reserved=0)**regardless of your vaccination status:**

* Get either an at-home rapid test or PCR test if possible and stay at home until you know your test result.
* If you test positive, follow the guidelines for a positive test result.
* If you test negative but still have symptoms, continue to stay at home.
  + If possible, get a PCR test OR an at-home rapid test in 1-2 days.
  + If you test positive on the PCR or at-home rapid test, follow guidelines for a COVID-positive test.
  + If you test negative, no other test is needed at this time.
* If you can’t get a test, but still have symptoms, assume you are positive and follow guidelines for a COVID-positive test.

For more information on what it means to be up to date on the COVID vaccine, please visit this site: [https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fstay-up-to-date.html&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561625923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=gOTGPVuIE4H5LTkch4mcadkr%2F%2FsOM9WnwoMVR5Q7qow%3D&reserved=0)

If you have any questions on home tests and quarantine or isolation, please visit [cv.nmhealth.org/selftest](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcv.nmhealth.org%2Fselftest&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561625923%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2BUbCx8LNudIa1l2PqBy%2F%2B6FnUa5B6KaILKY3f106iuo%3D&reserved=0) or call the Coronavirus Hotline: 1-855-600-3453.

For more information on DOH guidance, please visit [cv.nmhealth.org/covid-vaccine/](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcv.nmhealth.org%2Fcovid-vaccine%2F&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561635879%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=%2Fct5%2B9uK5Hx2yLaw%2FdId60ZfwwrpxIT20GyQVax8Vkk%3D&reserved=0).

**Vaccinations are still the best tool for preventing COVID-19 hospitalizations and deaths.**

Vaccinations remain the best way for New Mexicans to protect themselves and their loved ones from COVID-19. The vaccines are safe, highly effective, and free. Booster shots will also help protect against the new omicron variant, and DOH encourages everyone 12 and older to get a booster shot as soon as possible. Children over the age of five who have not yet been vaccinated should start their two-shot series immediately.

To find vaccine locations near you, visit [vaccinenm.org](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fvaccinenm.org%2F&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561635879%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=jhfjc9wDHLHqqXTY37m4Rm1lP%2FCt0ObFV7rzEaXaQnA%3D&reserved=0),  [vaccines.gov](https://gcc02.safelinks.protection.outlook.com/?url=http%3A%2F%2Fvaccines.gov%2F&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561635879%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=JNLra57a0QoZu7eGKFge8VY8Fj1NZquue6y%2FPxEKMWo%3D&reserved=0), or call NMDOH’s COVID-19 hotline at 1-855-600-3453, available every day from 8 AM to 8 PM. Language assistance is available.

**Testing and COVID-19:**

Currently, we are experiencing a nation-wide and state-wide shortage of testing. New Mexicans who are experiencing symptoms of COVID-19 or have been exposed to a COVID-positive person should get tested if possible. Please see above for instructions on what to do following a test.

Testing sites are listed at [findatestNM.org](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcvprovider.nmhealth.org%2Fdirectory.html&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561645837%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=Tx9Qhca%2B0aZ0pTJUbrlRcqSal5am8rh4yTy6cB%2Be1Fk%3D&reserved=0); New Mexicans can also order free at-home tests through [Vault](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Flearn.vaulthealth.com%2Fnm%2F&data=04%7C01%7Ckaty.diffendorfer%40state.nm.us%7Cef0b09c526b442a112e608d9d171793c%7C04aa6bf4d436426fbfa404b7a70e60ff%7C0%7C0%7C637771107561645837%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000&sdata=565t7gzSgN5iIkqUXI9oxLJ%2FsTtDFXhZuXBsIrf1a6o%3D&reserved=0), though test supplies are limited at this time.

Symptoms of COVID-19 include *fever, cough, shortness of breath or difficulty breathing, muscle pain, headache, sore throat, chills, repeated shaking with chills, gastrointestinal illness and new loss of taste or smell.*

DOH continues to recommend limited travel and exposure to large crowds. Additionally, masking is required for all individuals when indoors.