



**City of Dallas**

# **CDC Comparison**

**Presented By: COVID Core Team  
and Human Resources**

# Stay Up to Date with Your Vaccines



Adding to the definition of “Fully Vaccinated” (completed the primary series of COVID-19 vaccine(s)), the CDC has introduced the new term of “Up to Date”.

- The CDC now recommends that people remain up to date with their vaccines, which includes [additional doses](#) for individuals who are immunocompromised or [booster doses](#) at regular time points. Individuals who are [moderately or severely immunocompromised](#) should get an additional primary shot and a booster shot.

| If you Received                         | Who should get a booster    | When to get a booster   | Which booster can you get?   |
|---|-----------------------------|---|--|
| <b>Pfizer-BioNTech</b>                  | Everyone 12 years and older | At least 5 months after completing your primary COVID-19 vaccination series | Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations<br><br>Teens 12–17 years old may only get a Pfizer-BioNTech COVID-19 vaccine booster |
| <b>Moderna</b>                          | Adults 18 years and older   | At least 6 months after completing your primary COVID-19 vaccination series | Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations  |
| <b>Johnson &amp; Johnson's Janssen*</b> | Adults 18 years and older   | At least 2 months after receiving your J&J/Janssen COVID-19 vaccination     | Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations  |

\*Although mRNA vaccines are preferred, J&J/Janssen COVID-19 vaccine [may be considered in some situations](#).



# What to do if you have a close contact with someone that's positive for COVID-19?



## Current City Guidelines

If no symptoms develop, quarantine for 7 to 14 days.

- If tested on/after day 5 and results are negative and no symptoms, the employee may return after day 7; If not tested, the employee may return after day 10. In either case, the employee will continue to monitor for symptoms for the full 14 days since quarantine started.

### Exceptions to Quarantine:

- Employees who tested positive for COVID-19 and recovered do not have to quarantine as a result of a close contact for 90 days, unless new symptoms develop.
- Employees who have been fully vaccinated do not need to quarantine, unless new symptoms develop. However, fully vaccinated people should get tested 3-5 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative. Contact CareATC at 800.993.8244 or [dallascityhall@careatc.com](mailto:dallascityhall@careatc.com) or your healthcare provider for assistance.

## CDC Updated Guidelines

|   |   |   |  |
|---|---|---|--|
| <p><b>IF YOU</b><br/>Were exposed to COVID-19 and are <b>NOT up-to-date on COVID-19 vaccinations</b></p>  | <p><b>Quarantine for at least 5 days</b><br/>Stay home and <a href="#">quarantine</a> for at least 5 full days.<br/>Wear a well-fitted mask if you must be around others in your home.</p> <p><b>Get tested</b><br/>Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p> | <p><b>After quarantine</b><br/><b>Watch for symptoms</b><br/>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b><br/><a href="#">Isolate</a> immediately and get tested. Continue to stay home until you know the results.<br/>Wear a well-fitted mask around others.</p> | <p><b>Take precautions until day 10</b><br/><b>Wear a well-fitted mask</b><br/>for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p>             |
| <p><b>IF YOU</b><br/>Were exposed to COVID-19 and are <b>up-to-date with vaccination OR had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</b></p> | <p><b>No quarantine</b><br/>You do not need to stay home <b>unless</b> you develop symptoms.</p> <p><b>Get tested</b><br/>Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19</p>  | <p><b>Watch for symptoms</b><br/>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b><br/><a href="#">Isolate</a> immediately and get tested. Continue to stay home until you know the results.<br/>Wear a well-fitted mask around others.</p>                             | <p><b>Take precautions until day 10</b><br/><b>Wear a mask</b><br/>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p> |



# What to do if you have tested positive for COVID-19?



## Current City Guidelines

### Isolate until:

- No fever for at least 24 hours without taking medication to reduce fever during that time; AND
- Symptoms (such as cough and shortness of breath) have improved; AND
- At least ten (10) days have passed since symptoms began or date of positive test if symptom date not known
- Note: A negative test is not required to return to work from isolation.

## CDC Updated Guidelines

|  |  |   |  |
|--|--|---|--|
| <p><b>IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status</b></p> | <p><b>Stay home for at least 5 days</b><br/>Stay home for 5 days and <a href="#">isolate</a> from others in your home.</p> <p>Wear a well-fitted mask if you must be around others in your home.</p> | <p><b>Ending isolation if you had symptoms</b><br/><a href="#">End isolation after 5 full days</a> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p><b>Ending isolation if you did NOT have symptoms</b><br/><a href="#">End isolation after at least 5 full days</a> after your positive test.</p> <p><b>If you were severely ill with COVID-19</b><br/>You should isolate for at least 10 days. <a href="#">Consult your doctor before ending isolation.</a></p> | <p><b>Take precautions until day 10</b><br/><b>Wear a mask</b><br/>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><b>Avoid travel</b></p> <p><b>Avoid being around people who are at high risk</b></p> |
|--|--|---|--|

Calculating Isolation: Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

