



Last week the CDC updated its guidelines about COVID-19. The CDC's guidance has changed because we now have vaccinations, boosters, and treatments to protect us and our communities from severe illness from COVID-19. Here are some key points:

- Stay home and isolate from others if you have COVID-19. This is especially important during the first five days. After that, wear a mask when you're around others for at least 10 days from your positive test.
- If you're exposed to COVID-19, instead of quarantining, you can simply wear a high-quality mask for 10 days and get tested on day 5.
- The CDC still recommends that people wear masks indoors in public places, including schools, if they live in communities where COVID-19 community transmission levels are high.

You can read the full message from the CDC here:

<https://www.cdc.gov/media/releases/2022/p0811-covid-guidance.html>

