



# DoD Employee Isolation/Quarantine Requirements for COVID-19 (As of AUG 2022)



**Test Positive for  
COVID-19  
Restriction of  
Movement (ROM)**

- Stay home for 5 days.
- If you are asymptomatic or your symptoms are resolving after 5 days, you can stop ROM.
- If you have symptoms, continue to stay home until your symptoms resolve.
- Continue to wear a mask around others for 5 additional days.

**Close Contact\*  
(Vaccines not up to  
date\*\*) ROM**

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you develop symptoms get a test and stay home.
- Test on day 5 if possible.

**Close Contact\*  
(Vaccines up to  
date\*\*) No ROM Necessary**

- Wear a mask around others for 10 days.
- Test on day 5, if possible.
- If you develop symptoms get a test and stay home.

For more information visit: <https://media.defense.gov/2022/Aug/30/2003067565/-1/-1/0/CONSOLIDATED-DEPARTMENT-OF-DEFENSE-CORONAVIRUS-DISEASE-2019-FORCE-HEALTH-PROTECTION-GUIDANCE-REVISION-3.PDF>

\*Any individual who is within 6 ft of an infected person for a cumulative period of 15 minutes or more over a 24-hour period.

\*\*Any person who has completed your primary vaccination series AND received the most recent booster recommended for you by the CDC.