

## Shortening the Isolation and Quarantine Period for the General Population in the Era of COVID-19 Pandemic

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Currently, Brazil, Germany, and Jordan are following the World Health Organization (WHO)'s recommendation of 14 day isolation period [1]. The isolation period in France and Japan is 10 days, whereas in New Zealand, if the individual is fully vaccinated with 72 hours of free symptoms, the isolation period is 10 days, but it is 14 days if they are unvaccinated with 72 hours of free symptoms [1]. The United States Centers for Disease Control and Prevention (US CDC) is now shortening the recommended isolation time for the public by motivated change through science showing that the majority of SARS-CoV-2 (COVID-19) transmission, including the Omicron variant transmission generally occur in the 1-2 days before and 2-3 days after the symptom onset [2]. It recommend that COVID-19 individuals should isolate for 5 days if they are asymptomatic or symptoms are resolved without fever for 24 hours [2]. In unvaccinated individuals or more than 6 months out from the second mRNA vaccine dose or more than two months following the Johnson and Johnson vaccination and not yet vaccine boosted, the US CDC currently recommends the 5-day quarantine with the additional 5 days of strictly facial-mask use [2]. When around the other persons for 10 days following the COVID-19 exposure, an exposed COVID-19 imperatively wear a well-fitting facial mask at all time if a 5-day quarantine is not feasible, whereas the vaccine boosted individuals should wear a facial mask for 10 days following the COVID-19 exposure [2].

In conclusion, self-isolation rules should be critically followed although their negative impacts, such as mental health and well-being can occur.

### Bibliography

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