



FOR IMMEDIATE RELEASE:
August 12, 2022

CDC Updates COVID-19 Guidance

CUMBERLAND, MD – Yesterday, the CDC announced that it has streamlined its COVID-19 guidance.

Dr. Greta Massetti of the CDC said, “We’re in a stronger place today as a nation, with more tools—like vaccination, boosters, and treatments—to protect ourselves, and our communities, from severe illness from COVID-19. We also have a better understanding of how to protect people from being exposed to the virus, like wearing high-quality masks, testing, and improved ventilation. This guidance acknowledges that the pandemic is not over, but also helps us move to a point where COVID-19 no longer severely disrupts our daily lives.”

The CDC no longer recommends quarantine for individuals who come in close contact with someone who has COVID-19. Individuals who are a close contact to a COVID-19 case, regardless of vaccination status, should wear a high-quality mask for ten days and get tested on day five.

The CDC continues to stress that if you are sick and suspect that you have COVID-19, you should get tested and isolate away from others while you await your test result.

Individuals who test positive for COVID-19 should stay home and isolate for at least five days. After day five, if symptoms have improved and the individual is fever-free, he/she can end isolation but should continue to wear a mask through day 10. More details on the updated CDC isolation guidance can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>.

The Allegheny County Health Department continues to offer COVID-19 vaccinations on Wednesdays on the first floor of its offices at 12501 Willowbrook Road, Cumberland. Vaccinations for ages 12 and older are available from 9 a.m. to noon. Vaccinations for children ages 5 to 11 are offered from 3 to 4:30 p.m. Parents of children under five should contact their child’s pediatric office to schedule a COVID vaccination. Pre-registration is preferred for vaccinations and registration links can be found at health.maryland.gov/allegany.

Free drive-thru testing continues at the Allegheny County Fairgrounds, 11400 Moss Avenue, Cumberland on Mondays from 2 to 7 p.m. and on Wednesdays and Fridays from 8 a.m. to 2 p.m.

ALLEGANY COUNTY COVID-19 DATA AS OF AUGUST 11:

- CDC COVID-19 Community Level: Medium
- Percent of Allegheny County Population Fully Vaccinated (based on CDC data): 56.4%
- New COVID Cases This Week: 196 (cumulative total 18,973)
- Additional Deaths This Week: 2 (cumulative total 370)
- Cases Per 100,000 People: 39.76 (Maryland: 25.83)
- Positivity Rate: 15.07% (Maryland: 11.05%)

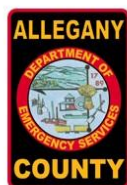
NEXT UPDATE: Friday, August 19, 2022

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