

# Updated Isolation and Quarantine Guidance for the School Settings

## Who needs to quarantine?

**Who needs to Quarantine:** Students and staff who are **household close contacts need to quarantine** as per below. Students and staff exposed to a positive case in the school or other public settings do not need to quarantine from school but are advised to monitor closely for symptoms, consider wearing a mask in public and test on, or as soon as possible after day 5 after exposure.

**Calculating number of Days:** If you have COVID-19 and have symptoms day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. For asymptomatic cases day 0 is the date of the positive test. For contacts day 0 is the day of the last exposure to the positive case.

### ISOLATE – For 5 days, regardless of vaccination status

- Report positive case to school nurse/COVID Coordinator and follow school guidance.
- If unable to wear a mask isolate at home for 10 days.
- **With Symptoms:**
  - 1) You can end isolation **5 days after** symptoms first appeared
    - **IF:** 24 hours with no fever without the use of fever-reducing medications
    - **IF:** Other symptoms of COVID-19 are improving (loss of taste/smell may last weeks and should not delay end of isolation)
    - **AND:** Wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.
- **Without Symptoms:**
  - **Isolate for 5 days** since your positive COVID-19 test. Wear a well-fitting mask for the following 5 days when around others, both at home, and outside-of-the home.

TEST  
POSITIVE  
FOR  
COVID-19

HOUSEHOLD  
CLOSE  
CONTACTS

#### IF YOU:

- Are **up to date\*** with vaccines.

OR

- You had a viral-test confirmed case of COVID-19 within the last 90 days **and are asymptomatic.**

**\*Up to date:** means received all vaccines including 3<sup>rd</sup> doses for immunocompromised, plus boosters when eligible (5 months after 2<sup>nd</sup> dose of Pfizer/Moderna or 2 months after J&J)

#### THEN:

- **No quarantine** is necessary
- **Wear a well-fitting mask for 10 days** around others
- **If unable to wear a mask**, may return to school if participating in Test to Stay days 1 – 10
- Test on day 5 (or as soon as possible thereafter) after your exposure
- If symptoms develop, isolate at home immediately and get a test.

#### IF YOU:

- Are unvaccinated, or partially vaccinated

OR

- You are **NOT up to date** with vaccines (Includes not getting a booster when eligible)

#### THEN:

- Stay home (**quarantine**) for **5 days**, and return on day 6:
  - after a negative test on day 5 (or as soon as possible thereafter), and wear a well-fitting mask for next 5 days, or
  - **If unable to wear a mask**, may return on day 6 if participating in Test to Stay days 6 – 10
- Or, remain in school if participating in Test to Stay, and wearing a mask for 10 days
- If symptoms develop, isolate at home immediately and get a test.