HOME ISOLATION AND QUARANTINE GUIDANCE FOR SCHOOLS

ISOLATION

ISOLATION is for people who have tested positive for COVID-19 or who have COVID-19 symptoms, regardless of their vaccination status, to separate from people who do not have COVID-19.

If you are in isolation:

- Stay at home (except to seek medical care) until it is safe for you to be around others.
- At home, stay away from others.
  - Stay in a separate room.
  - Do not eat meals with other people.
  - Avoid physical contact with other household members and pets.
  - If you must be around others, wear a mask.
- Do not share unwashed personal household items (e.g., cups, utensils).
- Monitor your symptoms.
  - If you have a medical emergency (e.g., trouble breathing, chest pain), call 911 and inform the dispatcher that you have COVID-19.

Students and staff can return to school when all the following conditions are met:

- 10 days have passed since symptoms first appeared* and
- 24 hours with no fever without use of fever-reducing medications; and
- Symptoms have improved or resolved.

*If you never developed symptoms, you can stop isolation, return to school, and be with other people when 10 days have passed after your COVID-19 test was collected.

Note: The Department of Health does not provide isolation “clearance” letters. Schools should not require a negative COVID-19 test or a clinician’s note to return to school if the person has completed 10 days of isolation and meets the conditions above.

QUARANTINE

QUARANTINE is for people who have been in close contact* with a person who has COVID-19.

Close Contacts in a School Setting

- An adult close contact is defined as being within 6 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period (regardless of mask use).
- A student close contact in a K-12 indoor classroom setting, where everyone is wearing a mask correctly and consistently, is defined as being within 3 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period.
• In **cafeterias or indoor rooms** (e.g., breakroom, classroom) where people were eating and drinking and **not** wearing masks, a close contact is any adult or student who was within **6 feet** of a person with COVID-19 infection for 15 minutes or more over a 24-hour period.

**What to Do If You Are NOT Fully Vaccinated**¹

• **Stay home for 10 days** after your last contact* with the person with COVID-19.
• **Get tested** immediately for COVID-19, **even if you don’t have symptoms**.
• You **must** remain at home in quarantine for 10 days, **even if you test negative**.
  o If your test is negative:
    ▪ Get tested again 5–7 days after your last contact with the person with COVID-19.
    ▪ Immediately self-isolate and get tested if you develop symptoms.
• Stay away from others in your home, especially those who are at higher risk for getting very sick from COVID-19.
• If you must be around others, wear a mask.
• Watch for symptoms for 14 days after your last contact with the person with COVID-19.
• If you develop symptoms, immediately **self-isolate** and **get tested**.

*If you have ongoing close contact with a person with COVID-19 because you live in the same house, you **must** stay home in quarantine for 10 days **after** the person with COVID-19 is released from isolation.

**Students and staff can return to school when both of the following conditions are met:**

• 10 days have passed since last close contact with the person with COVID-19; **and**
• No symptoms.

Note: The Department of Health does not provide quarantine “clearance” letters. Schools should **not** require a negative COVID-19 test or a clinician’s note to return to school if the person has completed 10 days of quarantine and meets the conditions above.

**What to Do If You Are Fully Vaccinated**¹

• If you do **not** have symptoms, you do **not** need to quarantine.
• **Get tested** 3–5 days after your last contact with the person with COVID-19, **even if you don’t have symptoms**.
• Watch for symptoms for 14 days after your last contact with the person with COVID-19.
• If you develop symptoms, immediately **self-isolate** and **get tested**.

**Contacts of Close Contacts:** People who were **not** in close contact with the person with COVID-19 infection.

• Do **not** have to quarantine.
• Do **not** have to get tested.

¹ People are fully vaccinated 2 weeks after their second dose in a 2-dose series, such as Pfizer-BioNTech or Moderna, or 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine.