

New Guidance Regarding COVID-19 for K-12 School Settings

Isolation v. Quarantine

Beginning 1/11/2022

Isolation = Action that must be taken for a Positive COVID-19 Test (vaccinated or unvaccinated)

- If an individual has COVID-like symptoms and does not want to test, he/she must isolate for 5 days. Day 0 is the day that symptoms begin. If the individual is fever free for 24 hours and other symptoms are getting better, they may end their isolation on day 5 and return to school or work on day 6. If the individual's fever has ended but symptoms persist, they must continue to isolate until symptoms improve.
- If an individual tests positive for COVID, he/she must isolate for 5 days. Day 0 is the day that symptoms begin. If the individual is fever free for 24 hours and other symptoms are getting better, they may end their isolation on day 5 and return to school or work on day 6. If the individual's fever has ended but symptoms persist, they must continue to isolate until symptoms improve.

Very important: If an individual takes a PCR test for any reason, the individual should not come to work or school until they have confirmation of their results. These days are absences.

Additional precautions during/after isolation (everyone)

- **MASK:** Continue to wear a well-fitted mask when around others at home and in public through day 10. For those ending isolation on day 5, this would be during days 6 through 10. Persons who are unable to wear a mask when around others should stay home and isolate from other people for a full 10 days.
- **TRAVEL:** Avoid travel until a full 10 days after your first day of symptoms or if asymptomatic, after the date of the positive test. If travel is necessary on days 6-10, wear a well-fitting mask when around others for the entire duration of travel. Persons unable to wear a mask should not travel during the 10 days.
- **AVOID HIGH-RISK ACTIVITIES:** Avoid people who are immunocompromised or at high risk for severe disease, including nursing homes and other high-risk settings; do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until a full 10 days.

Quarantine = Action that must be taken for a Close Contact if not in Test to Stay Program

*Individuals that do not have to quarantine

1. 18 yrs. or older and completed a primary series of COVID vaccines (including booster)
2. 5 to 17 year olds who completed their primary series of COVID vaccines
3. Person who has tested positive with a PCR (rapid or 48 hour – just not antigen) in the past 90 days

If an individual does not meet the qualifications above and has been deemed a close contact, he/she may choose to participate in the Test to Stay Program (this is for K-12 students and staff). Please Review the district's Test to Stay Plan and refer to the Google Sheets created for all schools.

- If an individual participating in the test to stay program develops symptoms or is exposed at home or in a non-school activity, he/she must shift to regular quarantine status.
- If an individual participating in the test to stay program tests positive or begins to exhibit symptoms, he/she must begin the isolation period.

If an individual is exposed and deemed a close contact and does not meet the criteria that eliminates quarantining and does not want to participate in the Test to Stay Program, he/she will quarantine for 5 days (with no symptoms) test with a PCR between day 5 and 7 and return with a negative result (earliest day 6). If symptoms begin, the isolation period must start on the day of the onset of symptoms and a PCR test is highly recommended. If the individual refuses the PCR, he/she must isolate for 5 days. Day 0 is the day that symptoms begin. If the individual is fever free for 24 hours and other symptoms are getting better, they may end their isolation on day 5 and return to school or work on day 6. If the individual's fever has ended but symptoms persist, they must continue to isolate until symptoms improve.