

## Updated COVID-19 Isolation & Quarantine Guidelines

### January 7, 2022

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|--|---|--|
| Isolation - For individuals testing positive for COVID-19                    | <ul style="list-style-type: none"> <li>• Isolate a full 5 days (day 0 begins at symptom onset or lab collection if asymptomatic)</li> <li>• Isolation can end after day 5 if and only if:               <ul style="list-style-type: none"> <li>○ Symptoms have improved</li> <li>○ Fever free 24 hours</li> <li>○ Negative COVID test</li> </ul> </li> <li>• Wear a mask for the remaining days; if they cannot wear a mask, they cannot leave isolation</li> </ul> | <ul style="list-style-type: none"> <li>• Students may not participate in extra-curricular activities through day 10.</li> <li>• (This is to avoid a larger scale infection that could shut down the entire team.)</li> </ul>   |
| Quarantine-non-Susceptible Close Contact                                     | <ul style="list-style-type: none"> <li>• 18 years plus: fully vaccinated, plus a booster (if eligible)</li> <li>• 5-17 years: individuals have completed primary series</li> <li>• People with lab-tested infection within past 90 days<br/>(note the change from past 6 months)</li> </ul>   | <ul style="list-style-type: none"> <li>• Recommend to wear a mask for 10 days</li> <li>• Recommend to test at day 5</li> </ul>   |
| Quarantine-Susceptible Contacts  | <ul style="list-style-type: none"> <li>• 18 years plus: fully vaccinated, but NO BOOSTER when eligible</li> <li>• Persons with J&amp;J over 2 months but have not received an MRNA booster.</li> <li>• Unvaccinated or partially vaccinated.</li> <li>• Previous infection more than 90 days ago.</li> </ul>  | <ul style="list-style-type: none"> <li>• Quarantine at home through day 5.</li> <li>• Test to Stay Program is available for Students and Staff who want to remain in school.</li> <li>• Quarantine can end on day 6, with a negative test at the end of day 5, but wear mask through day 10.</li> <li>• Unable to mask: quarantine for 10 days.</li> </ul> |
| Quarantine-Households. Families who cannot properly social distance at home. | <ul style="list-style-type: none"> <li>• All contacts: wear a mask at home through individual's 10 day isolation.</li> <li>• Susceptible contacts quarantine an additional 5 days after person completes isolation.</li> </ul>  |  |

**\*Non-susceptible contact** - Individual who is fully vaccinated, plus the booster if eligible. This also includes individuals who have a verified positive COVID-19 infection within the past 90 days.

**\*Susceptible contact** - Individual who is unvaccinated or partially vaccinated. Also an individual who is fully vaccinated, but does not have the booster if eligible. An individual who has previously tested positive, but more than 90 days prior.