

Updated Isolation and Exposure Guidance for K – 12 School Settings

Calculating number of days: If you **test positive** for 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; however, if symptoms develop within 10 days, then the clock restarts at Day 0 on the day of symptom onset. For **exposures** 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:

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

After exposure, start precautions immediately:

- **No quarantine** is necessary, per updated CDC guidelines
- **Wear a well-fitting mask for 10 days** around others
- Test on day 5 (or as soon as possible thereafter) after your exposure
- **If unable to wear a mask**, may return to school if participating in daily testing from days 1 – 10
- If symptoms develop, **STAY HOME**, isolate immediately and get a test

EXPOSED TO
COVID-19

These procedures outline general guidelines, but each case is assessed based on the facts of each unique situation.