

CDC Guidance for COVID Isolation and Quarantine as of December 27, 2021

“Given what we currently know about COVID-19 and the Omicron variant, CDC is shortening the recommended time for isolation for the public. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

Additionally, CDC is updating the recommended quarantine period for anyone in the general public who is [exposed to COVID-19](#). For people who are unvaccinated or are more than six months out from their second mRNA dose (or more than 2 months after the J&J vaccine) and not yet boosted, CDC now recommends quarantine for 5 days followed by strict mask use for an additional 5 days. Alternatively, if a 5-day quarantine is not feasible, it is imperative that an exposed person [wear a well-fitting mask](#) at all times when around others for 10 days after exposure. Individuals who have received their booster shot do not need to quarantine following an exposure, but should wear a mask for 10 days after the exposure. For all those exposed, best practice would also include a test for SARS-CoV-2 at day 5 after exposure. If symptoms occur, individuals should immediately quarantine until a negative test confirms symptoms are not attributable to COVID-19.

Isolation relates to behavior after a confirmed infection. Isolation for 5 days followed by wearing a well-fitting mask will minimize the risk of spreading the virus to others. Quarantine refers to the time following exposure to the virus or close contact with someone known to have COVID-19. Both updates come as the Omicron variant continues to spread throughout the U.S. and reflects the current science on when and for how long a person is maximally infectious.”

Beginning January 2022 - The following protocols are based on the most recent CDC guidelines released December 27, 2021.

These protocols and progression of pandemic will be re-evaluated at the end of January.

I. STUDENTS

STUDENTS POSITIVE FOR COVID

Students who test positive for COVID with a rapid antigen or molecular, or PCR test must isolate for 5 full days after clear onset of symptoms or positive test if no symptoms, and may return to school following these guidelines.

- Written verification of positive test result. A home test cannot be accepted by the school as validation of a positive or negative test, however, a test by a medical professional at an approved site such as a clinic or testing site is valid confirmation of a positive or negative result. (Verification of a positive COVID test on file means that a person will not be required to quarantine for 90 days should he/she be exposed to a person positive for COVID during that period).
- No or improved symptoms including fever for 24 hours prior to the end of the 5th day. This will be verified by speaking with the school nurse or written documentation.

Student Retesting after testing positive for COVID

- If a retest is negative ON or after day 5, student may return to school and participate as usual without wearing a mask.
- If a retest is positive ON day 5, student must remain out of school for a full 10 days after clear onset of symptoms or positive test if asymptomatic, or until a negative test is obtained.

STUDENT EXPOSURE TO VERIFIED POSITIVE COVID

Students who are exposed to COVID AND are unvaccinated AND, if previously positive, are more than 90 days out from a previous positive COVID test OR vaccinated and are more than 6-months after having received their second mRNA must meet the following criteria to be able to return to school on day 6 after exposure.

- Quarantine for 5 full days after day of exposure
- Test negative for COVID ON or after day 5
- No symptoms/illness including fever during the 5 days to be verified by speaking with the school nurse
- With a negative test ON or after day 5, mask-wearing is not required and student will be allowed to participate as normal in PE, extracurricular, and athletic practices and activities

*If a student tests positive for COVID ON or after day 5, above procedures for positive COVID will be followed.

Students are NOT required to quarantine after an exposure IF they

- ❖ are vaccinated and are within the 6-month period after having received their second mRNA dose OR
- ❖ have received their booster shot OR
- ❖ are within the 90-day immunity period after a verified positive COVID test

In this case, testing for COVID ON or after day 5 is recommended but not required.

*If symptoms occur, individuals should quarantine immediately and parent should contact school nurse and consult a health care provider for evaluation and testing.

II. STAFF

STAFF POSITIVE FOR COVID

Staff who test positive for COVID with a rapid antigen or molecular, or PCR test must isolate for 5 full days after clear onset of symptoms or positive test if no symptoms, and may return to school following these guidelines.

- Written verification of positive test result. A home test cannot be accepted by the school as validation of a positive or negative test, however, a test by a medical professional at an approved site such as a clinic or testing site is valid confirmation of a positive or negative result. (Verification of a positive COVID test on file means that a person will not be required to quarantine for 90 days should he/she be exposed to a person positive for COVID during that period).
- No or improved symptoms including fever for 24 hours prior to the end of the 5th day. This will be verified by speaking with the school nurse or written documentation.

Staff Retesting after testing positive for COVID

- If a retest is negative ON or after day 5, staff returns to school and participates as usual without wearing a mask.
- If a retest is positive ON day 5, but no or resolving symptoms including fever free for 24 hours without fever-reducing medication, staff returns to work with strict mask wearing, properly covering mouth and nose at all times for 5 more days while in the presence of others OR until a negative test is obtained.

STAFF EXPOSURE TO VERIFIED POSITIVE COVID

Staff Unvaccinated - Staff who are exposed to COVID AND are unvaccinated AND, if previously positive, are more than 90 days out from a previous positive COVID test return to work with the following guidelines.

- Continue to work while wearing a mask at all times in the presence of others for 5 full days AND
- COVID test to be completed ON day 2 after exposure and if negative, repeat test ON day 5
- If COVID test remains negative on day 5, staff will no longer be required to wear a mask unless symptoms develop. If this occurs, staff should consult their health care provider for evaluation and further testing.

*If a staff member tests positive for COVID with initial test or test ON or after day 5, above procedures for staff positive COVID will be followed.

Staff Vaccinated, but not boosted - Staff who are more than six months out from their second mRNA dose or more than 2 months after the J&J vaccine AND are not yet boosted must meet the following criteria.

- Continue to work while wearing a mask at all times in the presence of others for 5 full days
- COVID test to be completed ON day 2 after exposure and if negative, repeat test ON day 5.
- If COVID test remains negative on day 5, staff will no longer be required to wear a mask unless symptoms develop. If this occurs, staff should consult their health care provider for evaluation and further testing.

*If a staff member tests positive for COVID, above procedures for staff positive COVID will be followed.

Staff with Current Vaccination or Boosted - Staff who are within the 6-month period after having received their second mRNA dose OR within 2 months after the J&J vaccine OR have received their booster vaccine

- Do NOT need to quarantine after an exposure
- Recommended but not required to wear a mask covering the mouth and nose for at minimum 5 days or until a negative test ON or after day 5 after exposure
- Recommended testing for COVID ON or after day 5
- If symptoms occur, individuals should quarantine immediately and contact school nurse and administrator. Consult a health care provider for evaluation and testing.