

COVID-19 Protocol

QUARANTINE Protocol Fall 2021

Quarantine is staying home and away from others **AFTER EXPOSURE** to COVID-19. It prevents someone from further spreading the virus in the event they develop it over the next 2-14 days, which is the incubation period for COVID-19.

EXPOSURE WITHIN OR OUTSIDE THE HOME

Vaccinated – do not need to quarantine, but should get tested 3-5 days after exposure and monitor for symptoms.

Unvaccinated – quarantine for at least 10 days. This means staying home and away from others:

- For 10 days while continuing to wear a mask indoors and monitor symptoms for 14 days
- or
- For 7 days with a negative PCR test taken 5 days after exposure while continuing to wear a mask indoors, and monitor symptoms for 14 days

HOW DO YOU CALCULATE WHEN SOMEONE IS DONE WITH QUARANTINE?

Determine when they last came into close contact with COVID+ person when they were contagious (anywhere from 48 hours before their symptoms developed or their test came back positive through their isolation period). Quarantine since that last contact.

If the contact is with someone in your household who hasn't isolated from you, your quarantine will be the 10 days of their isolation and the following 10 days without testing, or 7 days with a negative PCR test.

Stay home through the 7th or 10th day to make sure you don't develop COVID-19 at any time during its incubation period and spread it to others.

ADDITIONAL QUARANTINE OPTION

Serial antigen testing for all school/work days within the 10-day quarantine period (or 7-day with negative PCR test) for those who are symptom-free.

The testing protocols for this strategy are:

- People identified as close contacts are to be tested DAILY first thing in the morning at school or work.
- Students may ride the bus to school for this testing with continued mask wear.
- All close contacts that test negative can continue to attend work, school or extra-curricular activities while wearing masks.
- Any close contacts that test positive must be isolated immediately and sent home for PCR confirmatory testing. PCR confirmatory testing is available at the Health Department Monday-Friday from 8:30 – 11:30 am.

WHAT IS CONSIDERED A CLOSE CONTACT?

For most of us – within 6 feet for at least 15 cumulative minutes with or without masks.

In the school setting only – within 6 feet for at least 15 cumulative minutes without mask wearing or within 3 feet for at least 15 cumulative minutes with mask wearing. **In order for the 3 feet rule to qualify BOTH the positive person and the close contact MUST be masked.**