

Updated CDC Isolation and Quarantine Guidelines

IF YOU...

Tested positive for COVID-19 or have symptoms, regardless of vaccination status:

- **Isolate for 5 days at home** (Day 1 is either the day symptoms started, or if asymptomatic, the day the positive test was taken)
- Recommended to wear a mask around others in your home during isolation.
- End of isolation after 5 days and if fever-free for 24 hours (without medication) and symptoms have abated, may return to school on day 6.
- **Strict masking mandate for 5 days following isolation – this includes any and all school-related functions/activities.** Total isolation of 10 days between home/school.

Identified as a Close Contact: Exposed to a positive case within 6 feet for more than 15 minutes in a 24-hour period (unless both individuals were masked—applies to students only)

Exposed to a positive case of COVID-19 and not vaccinated:

- **Quarantine for 5 days** (Day 1 is the day following the last day of exposure to a person who tested positive).
- Recommended to wear a mask around others in the home.
- **If available, recommend getting an antigen or PCR test on day 5 – not required.**
- If not experiencing any symptoms, may return to school on day 6.
- **Strict masking mandate for 5 days following quarantine– this includes any and all school-related functions/activities.** Total “quarantine” time is 10 days between home/school.
- Test immediately if become symptomatic and stay home until test results are known.

Exposed to a positive case of COVID-19 and vaccinated or both individuals were masked (applies to students only):

- **No need to quarantine.**
- **Strict masking mandate for 10 days – this includes any and all school-related functions/activities.** (Day 1 is the day following the last day of exposure to a person who tested positive).
- **If available, recommend getting an antigen or PCR test on day 5 – not required.**
- Continue to monitor for symptoms for 10 days total.
- Test immediately if become symptomatic and stay home until test results are known.