**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.*

*Alternatively, schools may choose a test-based strategy to allow students/staff to remove their masks sooner:
- If they have two sequential negative antigen tests, 48 hours apart, with the first test occurring on day 6, masks can be removed after the second negative test.
- If either test is positive, they should continue wearing a mask and wait at least 48 hours before taking another test. They should continue wearing a mask and taking antigen tests 48 hours apart until they have two sequential negative test results.

**EXPOSED TO 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

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

For more information, see [CDC’s Operational Guidance](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-universities/operational-guidance.html) for K-12 Schools and Early Care and Education Programs to Support in-Person Learning

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