K-12 Schools and Non-School Based Sites Self-Quarantine Options

October 28, 2021
Self-Quarantine: The close contact

If you had close contact with a person who has COVID-19:

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

Self-Isolation: The individual with COVID-19

If you are sick and think or know you have COVID-19:

- Stay home until after:
  - At least 10 days since symptoms first appeared and
  - At least 24 hours with no fever without fever-reducing medication and
  - Symptoms have improved

If you tested positive for COVID-19 but do not have symptoms:

- Stay home until after:
  - 10 days have passed since your positive test

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus
Who does not need to Self-Quarantine

For Anyone Who Has Been Around a Person with COVID-19

Anyone who has had close contact with someone with COVID-19 should self-quarantine.

However, anyone who has had close contact with someone with COVID-19 and who meets the following criteria does NOT need to stay home.

- Someone who has been fully vaccinated and shows no symptoms of COVID-19. However, fully vaccinated people should get tested 3 days after their exposure, even they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

Or

- Someone who has COVID-19 illness within the previous 3 months and
- Has recovered and
- Remains without COVID-19 symptoms (for example, cough, shortness of breath)

LDH: Guidance: Close contacts should be encouraged to seek testing immediately, including those close contacts meeting the above exception, regardless of vaccination status. If negative, they should be tested again between 5-7 days post-exposure.

Have You Been Fully Vaccinated?

In general, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.
Close Contacts: Self-Quarantine

• Quarantine is used to keep someone who might have been exposed to COVID-19 away from others

• Prevent the Spread of Disease
Two Self-Quarantine Options K-12 (November 1st)

7-Day (New)
- If no symptoms develop during quarantine AND they have a negative antigen or PCR/molecular test collected no earlier than day 5 after their last exposure: they may quarantine for 7 days from last contact with a COVID-19 case.

OR

10-Day
If no symptoms develop during quarantine and no testing is done: they may quarantine for 10 days from last contact with a COVID-19 case.

Staff and students at Pre-K sites and in Pre-K classrooms are required to continue to self-quarantine for 14 days.
(Pre-K students are not required to wear masks.)
When to Start and End Self- Quarantine

You should stay home for 7 days after your last contact with a person who has COVID-19 even if you test negative for COVID-19 or feel healthy.

- Symptoms may appear 2 to 14 days after exposure to the virus.

Quarantine can end after Day 7 with a negative test result* and if no symptoms have been reported during daily monitoring.

*Negative antigen (rapid test) or PCR/molecular test collected no earlier than day 5 after their last exposure.

- A copy of the test results from the testing facility/healthcare provider must be given to the school (students) or to the Office of Human Resources (staff) (The results of self-administered tests will not be accepted.)

After stopping quarantine, you should:

Watch for symptoms until 14 days after exposure.
If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to prevent the spread of COVID-19.
### Scenario 1: Close contact with someone who has COVID-19—will not have further close contact

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of self-quarantine is 7 days from the date you had close contact.

**Date of last close contact with person who has COVID-19 + 7 days = end of self-quarantine**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>7 day quarantine</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**First day you can take your COVID-19 Test (Day 5)**

**Return to School/Work**

**Last day to monitor symptoms**

**Last day of Self-Quarantine**

*Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
### Scenario 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in

Your last day of self-quarantine is 7 days from when the person with COVID-19 began home isolation.

| Date person with COVID-19 began home isolation + 7 days = end of self-quarantine |
|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| Mon  | Tue  | Wed  | Thu  | Fri  | Sat  | Sun  |
| 6    | 7    | 8    | 9    | 10   | 11   | 12   |
| 13   | 14   | 15   | 16   | 17   | 18   | 19   |
| 20   | 21   | 22   | 23   | 24   | 25   | 26   |
| 27   | 28   | 29   | 30   | 31   |      |      |

**Last day of Self-Quarantine**

**Return to School/Work**

**Last day to monitor symptoms**

**First day you can take your COVID-19 Test (Day 5)**

**7 day quarantine**

*Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*
**Scenario 3:** Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 7-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

---

**7 Day Option**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>1</strong></td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Start of first quarantine

Additional contact or someone else got sick, quarantine starts over

**Return to School/Work**

First day you can take your COVID-19 Test (Day 5)

**Last day of Self-Quarantine**

**Last day to monitor symptoms**

Please note if your quarantine starts at noon on day 1 then it would end at noon on the last day.

**Date of additional close contact with person who has COVID-19 + 7 days = end of self-quarantine**
**Scenario 4:** Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don’t have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 7 days after the person who has COVID-19 meets the criteria to end home isolation.

Date the person with COVID-19 ends home isolation + 7 days = end of self-quarantine

<table>
<thead>
<tr>
<th>Date</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>Person is sick/has COVID-19</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Criteria met to end home isolation</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

First day you can take your COVID-19 Test (Day 5)

Last day to monitor symptoms

Last day of Self-Quarantine

Return to School/Work

7 day quarantine

**Note:**

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.
Practice: Determining self-quarantine dates (7 Days)

Identify last date of close contact:
What was the last date of close contact: _____/_____/______

Self-Quarantine lasts 7 days
First day of self-quarantine: ___/____/____ (This is day 1)
First day one can take COVID-19 Test ___/____/____ (This is day 5)
Last day of self-quarantine: ___/____/____ (This is day 7)
First day they can return to school/work: ___/____/____ (This is day 8: No symptoms and negative COVID-19 test)
Last day to monitor symptoms ___/____/____ (This is day 14)
<table>
<thead>
<tr>
<th>Last date of close contact</th>
<th>What was the last date of close contact</th>
<th>First day of self-quarantine</th>
<th>First day one can take COVID-19 Test</th>
<th>Last day of self-quarantine</th>
<th>First day they can return to school/work</th>
<th>Last day to monitor symptoms</th>
</tr>
</thead>
</table>
When to Start and End Quarantine

You should stay home for 10 days after your last contact with a person who has COVID-19 even if you test negative for COVID-19 or feel healthy.

• Symptoms may appear 2 to 14 days after exposure to the virus

Quarantine can end after **Day 10** without testing and if **no symptoms** have been reported during daily monitoring.

**After stopping quarantine, you should:**
Watch for symptoms until 14 days after exposure.
If you have symptoms, immediately self-isolate and contact your local public health authority or healthcare provider.
Wear a mask, stay at least 6 feet from others, wash your hands, avoid crowds, and take other steps to **prevent the spread of COVID-19**.
**Scenario 1: Close contact with someone who has COVID-19 — will not have further close contact**

I had close contact with someone who has COVID-19 and will not have further contact or interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

Your last day of self-quarantine is 10 days from the date you had close contact.

<table>
<thead>
<tr>
<th>Date of last close contact with person who has COVID-19 + 10 days = end of self-quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>13</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>27</td>
</tr>
</tbody>
</table>

Last close contact with person who has COVID-19: 1

10 days = end of self-quarantine:

- Last day of Self-Quarantine: 12
- Return to School/Work: 11
- Last day to monitor symptoms: 12

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.
**Scenario 2:** Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in

Your last day of self-quarantine is 10 days from when the person with COVID-19 began home isolation.

<table>
<thead>
<tr>
<th>Date person with COVID-19 began home isolation</th>
<th>10 days = end of self-quarantine</th>
</tr>
</thead>
<tbody>
<tr>
<td>mon</td>
<td>tue</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
</tr>
</tbody>
</table>

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.
Scenario 3. Under quarantine and had additional close contact with someone who has COVID-19

I live with someone who has COVID-19 and started my 10 day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.

Date of additional close contact with person who has COVID-19 + 10 days = end of self-quarantine

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
<th>Sun</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.

Last day to monitor symptoms

10 day quarantine

10 Day Option
**Scenario 4:** Live with someone who has COVID-19 and cannot avoid continued close contact

I live in a household where I cannot avoid close contact with the person who has COVID-19. I am providing direct care to the person who is sick, don’t have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

You should avoid contact with others outside the home while the person is sick, and quarantine for 10 days after the person who has COVID-19 meets the criteria to end home isolation.

<table>
<thead>
<tr>
<th>mon</th>
<th>tue</th>
<th>wed</th>
<th>thu</th>
<th>fri</th>
<th>sat</th>
<th>sun</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Date the person with COVID-19 ends home isolation + 10 days = end of self-quarantine*

**10 Day Option**

Last day to monitor symptoms

10 day quarantine

Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.
Identify last date of close contact:
What was the last date of close contact: ____/_____/______

Self-Quarantine lasts 10 days
First day of self-quarantine: ___/____/___ (This is day 1)
Last day of self-quarantine: ___/____/___ (This is day 10)
First day they can return to school/work: ___/____/___ (This is day 11: No Symptoms)
Last day to monitor symptoms ___/____/___ (This is day 14)
### Determining Self-Quarantine Dates (10 Days)

<table>
<thead>
<tr>
<th>Information</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last date of close contact</td>
<td>9/25/2020</td>
</tr>
<tr>
<td>First day of self-quarantine</td>
<td>9/26/2020</td>
</tr>
<tr>
<td>Last day of self-quarantine</td>
<td>10/5/2020</td>
</tr>
<tr>
<td>First day they can return to school/work</td>
<td>10/6/2020</td>
</tr>
<tr>
<td>Last day to monitor symptoms</td>
<td>10/9/2020</td>
</tr>
</tbody>
</table>

### Other Options

- **Last date of close contact:** 10/5/2020
  - First day of self-quarantine: 10/6/2020
  - Last day of self-quarantine: 10/15/2020
  - First day they can return to school/work: 10/16/2020
  - Last day to monitor symptoms: 10/19/2020

- **Last date of close contact:** 10/3/2020
  - First day of self-quarantine: 10/4/2020
  - Last day of self-quarantine: 10/13/2020
  - First day they can return to school/work: 10/14/2020
  - Last day to monitor symptoms: 10/17/2020
COVID-19 Resource Guide

The resource guide is given to each parent/guardian of a student who has to go home due to COVID-19 symptoms or to self-quarantine.

Please provide copies to staff members.