

COVID-19 Exposure/Close Contact Guidance WHSD (Updated 1/14/2022)

(Effective Tuesday, January 18th, 2022)

Who does NOT need to quarantine after they have been determined to be a close contact

- 18+ has gotten all doses of vaccine including a booster
- 5-17 and completed primary series of vaccines (doesn't include boosters)
- Confirmed COVID in the past 90 days

All close contacts need to wear masks around others for 10 days and it is recommended that they get tested on day 5 after exposure.

Quarantine

- Stay home and away from others for **at least 5 days** (Day 0 is day of contact).
- Wear a mask around others at home.
- Watch for symptoms for the full 10 days. Stay home and get tested with any symptoms.
- If no symptoms, it is recommended they have a test at least 5 days after contact
 - If negative, allowed back with a well-fitted mask for full 10 days
 - If positive, isolate for 5 days
- If unable to wear a mask should quarantine for 10 days
- Do not go to places you can't wear a mask and avoid eating around others at home or school for 10 days

Isolation (for people who have tested positive for COVID-19)

- Isolate **at least 5 days** with confirmed COVID (Day 0 is first day of symptoms or date of test)
- Ending isolation for **symptomatic** people with COVID
 - Complete 5 full days. A student can return on day 6 if criteria below are met.
 - Fever free for 24 hours without the use of medication and other symptoms have improved
 - Wear a well fitting mask around others for 5 more days. If unable to wear a mask then must do 10 days.
 - If fever or other symptoms have not improved then continue isolation until they do improve
 - Do not eat around others at home or school until full 10 days after first day of symptoms
 - Recommended: Rapid antigen test performed before returning after the end of 5 days of isolation period. Collect only if fever free for 24 hours without meds and other symptoms have improved. If positive, continue full 10 days, if negative then end isolation.
 - Ending isolation early does NOT APPLY to severe Covid or those who are immunocompromised
- Ending isolation for **asymptomatic** people with COVID
 - If they continue to have no symptoms end isolation after 5 days
 - Wear a well fitting mask around others for 5 more days. If unable to wear a mask then must do 10 days.

- If they do develop symptoms 5 days starts over from when symptoms started
- Do not eat around others at home or school until full 10 days after first day of symptoms
- Recommended: Rapid antigen test performed before returning after the end of 5 days of isolation period. If positive, continue full 10 days, if negative then end isolation.

It is recommended that MS/HS students who are returning to school after isolation or quarantine eat lunch in the Step Room where six foot distancing can be possible.

Links

[PHMDC Exclusion Table](#) (updated 1/7/22)

[CDC Specific Notes for Schools](#)