

What to do with COVID-19 Isolation and Exposure

2023-2024 school year

I am SICK and/or I have tested POSITIVE FOR COVID-19

NOTE: Guidance is the same whether or not you have had any COVID-19 vaccines

ROW ONE	I have symptoms of COVID-19 and tested positive for COVID-19	Stay home until: <ul style="list-style-type: none"> At least 5 days* have passed since your symptoms started AND You have not had a fever for at least 24 hours AND Your symptoms are improving 	Notify your school you tested positive	After Day 5* (starting day 6): <ul style="list-style-type: none"> You can return to school Wear a well-fitting mask for 5 additional days (day 6 through day 10)#
ROW TWO	I don't have symptoms of COVID-19 and tested positive for COVID-19	Stay home until: <ul style="list-style-type: none"> At least 5 days* have passed since the day your initial positive test was taken If you do start to have any symptoms of COVID-19, GO TO ROW ONE (your 5-day isolation needs to start over with day 0 being the day symptoms started) 	Notify your school you tested positive	After Day 5* (starting day 6): <ul style="list-style-type: none"> You can return to school Wear a well-fitting mask for 5 additional days (day 6 through day 10)#
ROW THREE	I have symptoms of COVID-19 and didn't get tested for COVID-19 and didn't see a healthcare provider	Stay home until: <ul style="list-style-type: none"> At least 5 days* have passed since your symptoms started AND You have not had a fever for at least 24 hours AND Your symptoms are improving 	Notify your school you are home sick and tell them what symptoms you are having	After Day 5* (starting day 6): <ul style="list-style-type: none"> You can return to school Wear a well-fitting mask for 5 additional days (day 6 through day 10)#
ROW FOUR	I have symptoms of COVID-19 and tested negative for COVID-19 [^] or got diagnosed with something else by a healthcare provider	Stay home until: <ul style="list-style-type: none"> You have not had a fever for at least 24 hours AND You have felt better for at least 24 hours (depending on your diagnosis) 	Notify your school you are home sick and tell them what symptoms you are having and any diagnoses you were given	When you return to school: <ul style="list-style-type: none"> Follow the current infection prevention recommendations

*For those with COVID-19, day 0 is the first day of symptoms (if you have symptoms) or the day your positive test was taken (if you don't have symptoms); for those with exposures, day 0 is the last day they were exposed

If you wish, you can also use antigen testing to see if you can remove your mask prior to 10 days. With two negative antigen tests 48 hours apart, done after day 5, you may remove your mask sooner than day 10. HOWEVER, if your antigen test results are positive, you may still be infectious, and you should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two negative results in a row. This may mean you need to continue wearing a mask and testing beyond day 10 if you chose this path.

[^]In a person with symptoms, a negative test is defined as (See [COVID-19 Testing: What You Need to Know](#)):

1. A negative PCR/molecular test, or
2. A negative antigen test followed by a negative PCR test within 48 hours, or
3. Two negative antigen tests performed within 24-48 hours of each other.

An Isolation and Exposure Calculator is available here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#when-to-isolate>



I have been EXPOSED to someone with COVID-19

NOTE: Guidance is the same whether or not you have had any COVID-19 vaccines

ROW FIVE

I was recently exposed to someone diagnosed with or who tested positive for COVID-19

Wear a [well-fitting mask](#) as soon as you find out you were exposed. Continue to wear one for 10 days* after you have been exposed

Watch for [symptoms of COVID-19](#) like:

- Fever (100.4°F or greater)
- Sore throat
- Body aches
- Fatigue
- Cough
- Congestion or runny nose
- Shortness of breath
- Headache
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

Take [extra precautions](#) if you will be around people who are [more likely to get very sick from COVID-19](#).

If you develop [symptoms](#)

- [Isolate immediately](#)
- [Get tested](#)
- Stay home until you know the result

If any test is positive, SEE ROW TWO. If you develop symptoms, see ROW ONE.

If you don't develop symptoms, [get tested](#) 5 days after your last exposure if possible

- If you recently had COVID and tested positive within the past 30 days, only get tested if you develop symptoms

- If you test negative continue taking precautions through day 10
- If any test is positive, SEE ROW TWO.

*For those with COVID-19, day 0 is the first day of symptoms (if you have symptoms) or the day your positive test was taken (if you don't have symptoms); for those with exposures, day 0 is the last day they were exposed

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