

## Quarantine and Isolation Guidelines

\*Document for planning purposes only. LCPH will provide additional instructions to schools and districts in the event of a COVID-19 case

	I have not previously had COVID-19:		I Tested Positive:		I Tested Negative:	
Scenario	I think or know I have COVID-19, I have symptoms	I have been around a person with COVID-19	I tested positive for COVID-19, but have no symptoms	I tested positive for COVID-19 and have symptoms	I tested negative, but I am contact of a person who is positive	I tested negative and I am not a contact with a person who is positive
Isolation	Yes	Yes	Yes	Yes	Yes	Yes
Duration	Refer to isolation guidance for sick and positive	14 days after last contact	Refer to isolation guidance for sick and positive	Refer to isolation guidance for sick and positive	14 days after last exposure to infected person	24 hours after fever and symptoms have resolved
Testing	Yes	Yes	*Contact is defined as being less than 6ft away from someone for more than 15 minutes			

Persons with symptoms of COVID-19 who are tested negative with a nasal swab test **AND** who are **NOT** a close contact of a person who tested positive for COVID-19, can return to daily activities 24 hours after their fever and other symptoms resolve.

Persons with symptoms of COVID-19 who test negative with a nasal swab **AND** who **ARE** a close contact of a person who tested positive for COVID-19 should continue to self-quarantine until 14 days after their last exposure to the confirmed case.

	I previously tested positive and recovered within the past 12 weeks:	
Scenario	I have been around a person with COVID-19, I have no symptoms	I have symptoms consistent with COVID-19
Isolation	No	Yes
Duration	None	Refer to isolation guidance for sick and positive
Testing	No	Consider if other cause cannot be identified



## Quarantine and Isolation Guidelines

\*Document for planning purposes only. LCPH will provide additional instructions to schools and districts in the event of a COVID-19 case

### Evaluating Sick Students and Staff

Students and staff members with any symptom should **stay home** and are advised to seek an evaluation by a health care provider. Symptoms include new cough, shortness of breath or difficulty breathing, new loss of taste or smell, fever, headache, muscle and body aches, fatigue, sore throat, runny nose, congestion, nausea, vomiting, or diarrhea.

- Staff may be considered critical personnel and can be allowed to return to work **only if there is a staff shortage** as long as they remain asymptomatic
- Staff should take their temperature and screen for symptoms at the start and at the end of each day, and wear a mask at work
- If symptoms develop at any time, they must isolate immediately

### Isolation guidance for sick and/or COVID-19 positive

Persons with symptoms of COVID-19 should \*self-isolate (this includes persons who test positive with a nasal swab test and persons who are not tested) until after:

- They have had no fever for at least 24 hours (that is one full day of no fever without the use of medicine that reduces fevers) **AND**
- Their other symptoms have improved (for example, when your cough or shortness of breath has improved) **AND**
- At least 10 days have passed since their symptoms first appeared.

#### Self-isolation means:

- Stay home. Do not go out in public
- Do not have others visit your home
- Limit exposure with others that live with you: stay in a separate room from other household members, if possible; use a separate bathroom, if possible; avoid contact with other members of the household and pets; do not share personal household items, like cups, towels, and utensils; wear a mask when around other people, if possible

### Infectious Period

Infectious period for asymptomatic cases is defined as **48 hours before - 10 days after** the first date the patient tested positive for COVID-19.

Infectious period for symptomatic cases is defined as **48 hours before illness started until the patient is fever free for at least 24 hours AND other symptoms have improved, AND at least 10 days have passed since the first symptom began.**

**Scenario 1:** A student or staff begins having symptoms on a Monday. They have not been in contact with anyone at school since Friday. Since they have not been a contact to anyone at school within the 48 hours before the onset of symptoms, school contacts would not have to isolate or be considered exposed.

**Scenario 2:** A student or staff begins having symptoms on Saturday. They would have been in contact with others at the school within the 48 hours before the onset of symptoms. In this case, anyone from the school they were in contact with on Thursday and Friday would be considered exposed and would have to isolate.