



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

Revised February 14, 2022



Self-Quarantine:
The close contact

Self-Isolation:
The individual with
COVID-19

COVID-19 QUARANTINE VS. ISOLATION



QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.



ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).



COVID-19 Positive Cases

How Long to Self-Isolate

Isolate and send the person home immediately

- They should not return to school until the following “end of self-isolation criteria” are met (**regardless of vaccination status**):
 - Stay home for 5 days*
 - If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
 - If you have a fever, continue to stay home until your fever resolves.
 - Continue to wear a mask around others for 5 additional days.
 - If school cannot ensure masking for 5 additional days, then case should isolate for a full 10 days.

*First day of symptoms is day zero

*No symptoms: Test date is day zero

There is no need to re-test



Nurses will take care of student cases during the school week.

How to Calculate Self-Isolation Period Pre-K-12 and Staff

**5 Day
Option**

Day Zero (0)

*Day the symptoms started
OR
If asymptomatic: Day the test was taken

Day 1 of Self-Isolation

Last day to wear a mask (at all times) around others

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	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				

Day 5: Last day to self-isolate

Can return to school/work/normal activities: Symptom free or reduction in symptoms and no fever
Continue to wear a mask (at all times) around others for 5 additional days

An individual should continue to self-isolate until they are fever free.

How to Calculate Self-Isolation Period (where masks cannot be worn)

**10 Day
Option**

Day Zero (0)

*Day the symptoms started
OR
If asymptomatic: Day the test was taken

Day 1 of Self-Isolation

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	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				

Day 10: Last day to self-Isolate

Can return to school/work/normal activities: Symptom free or reduction in symptoms and no fever

An individual should continue to self-isolate until they are fever free.

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



Nurses will take care of student cases during the school week.



Determine and Create a List of Close Contacts (During the Infectious Period)

- **Interview impacted staff member to determine close contacts**
{students: You can talk to the student's teacher(s).}

What is a close contact?

You were within 6 feet (closer than 6 feet) of someone who has COVID-19 for a cumulative total of 15 minutes or more in a 24-hr period

- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged, kissed, touched)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you (They did not have a mask on.)

ONLY for Cases where all impacted students are properly wearing a mask:

- **Indoor Classroom Exception: Students Only:** If BOTH the case and the contact were engaged in consistent and correct use of a well-fitting face mask AND were >3 feet from each other, then those close contacts do not need to quarantine.
 - This exception now includes buses and other school settings where masks are used.

Who is a not a close contact?

An individual's immediate family member is home on quarantine due to an exposure. This individual has been coming to school. Must that individual quarantine?

No, contacts of contacts do not need to quarantine however they should follow social distancing at home with those in quarantine. They would not be subject to quarantine unless their immediate family member in quarantine developed symptoms or tested positive for COVID-19.

A teacher who teaches multiple classes is exposed and needs to quarantine. Do all of the students they had contact with need to quarantine?

No, contacts of contacts do not need to quarantine.

A teacher was found to be a close contact and needs to self-quarantine. Do all the teachers in the school need to self-quarantine?

No, contacts of contacts do not need to quarantine.

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A person went to a family gathering and two days later they found out that one of the people at the party had contact with someone at another event that was a close contact to another person who was positive for COVID-19. Do they need to quarantine?

No, contacts of contacts of contacts do not need to quarantine.

A person went to the store and walked past a person who was positive for COVID-19. Do they need to quarantine?

No, they did not meet the close contact criteria.



Who Does Not Need to Self-Quarantine?

Individuals who have had COVID-19 in the last 90 days (Students and Staff) (Monitor for symptoms) **Wear a mask around others for 10 days**

Individuals who are vaccinated:

- **Students** who have completed the primary series of an mRNA vaccine: (Fully Vaccinated)
 - **Wear a mask around others for 10 days**
 - Test on day 5
- **Staff** who:
 - have completed the primary series of Pfizer or Moderna vaccine within the last 6 months, **OR**
 - have completed the primary series of J&J vaccine within the last 2 months, **OR**
 - have been boosted
 - **Wear a mask around others for 10 days**
 - Test on day 5

Fully Vaccinated: 2 weeks after completion of a two-dose mRNA series or one dose of Janssen vaccine.

Boosted: At the time of administration (No wait period.)

If any COVID-19 symptoms develop go home immediately



Two Self-Quarantine Options

If any COVID-19 symptoms develop after the self-quarantine period, go home immediately and contact your medical provider for guidance.

5-Day: Individuals who are unvaccinated

Students who are unvaccinated:

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
 - Test on day 5.

Staff who are unvaccinated, **OR** have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted, **OR** completed the primary series of J&J over 2 months ago and are **not** boosted

- Stay home for 5 days. After that, continue to wear a mask around others for 5 additional days.
- Test on day 5.

OR

10-Day

- 10 days from last contact with a COVID-19 case. (No testing is required.)
 - **Students and Staff:** If school cannot ensure masking for 5 additional days, then close contact should quarantine for a full 10 days



When to Start and End Self- Quarantine

5 Day
Option

You should stay home for **5** days after your last contact with a person who has COVID-19 even if you test negative for COVID-19 or feel healthy.

Scenarios to determine when you can end quarantine and be around others.

Quarantine can end after **Day 5** 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 10 days after exposure.

If you have any potential COVID-19 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 5 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 5 days = end of self-quarantine

5 Day
Option

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Last day to wear a mask (at all times) around others

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
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Day 5:

*First day to take COVID-19 test

*Last day to self-quarantine

Can return to school/work/normal activities: if COVID-19 test is negative

Continue to wear a mask (at all times) around others for 5 additional days

5 Day Option

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

Your last day of self-quarantine is 5 days from when the person with COVID-19 began home isolation.

Date person with COVID-19 began home isolation + 5 days = end of self-quarantine

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Last day to wear a mask (at all times) around others

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
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Day 5:

*First day to take COVID-19 test

*Last day to self-quarantine

Can return to school/work/normal activities: if COVID-19 test is negative

Continue to wear a mask (at all times) around others for 5 additional days

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 5 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.

5 Day
Option

Date of additional close contact with person who has COVID-19 + 5 days = end of self-quarantine

Additional contact or someone else got sick. Quarantine starts over.
This become Day zero (0) *Last day of close contact.

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Day 5:

*First day to take COVID-19 test

*Last day to self-quarantine

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Restart: Day 1 of Self-Quarantine

Can return to school/work/normal activities: if COVID-19 test is negative
Continue to wear a mask (at all times) around others for 5 additional days

Last day to wear a mask (at all times) around others

Individuals who are unvaccinated

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 5 days after the person who has COVID-19 meets the [criteria to end home isolation](#).

Date the person with COVID-19 ends home isolation + 5 days = end of self-quarantine

**5 Day
Option**

Person with COVID-19 has no symptoms.

Contact the Health Services Department (225) 397-2210 for additional guidance if the positive individual has symptoms.

Day 5:
*First day to take COVID-19 test
*Last day to self-quarantine

Last day to wear a mask (at all times) around others

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Can return to school/work/normal activities: if COVID-19 test is negative
Continue to wear a mask (at all times) around others for 5 additional days

10 Day Option

When to Start and End Quarantine

You may opt to stay home for 10 days after your last contact with a person who has COVID-19.

Scenarios to determine when you can end quarantine and be around others.

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

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.

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

10 Day
Option

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Day 10:
Last day to self-quarantine

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Can return to
school/work/normal
activities
No COVID-19 test is
required

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

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

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

10 Day
Option

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

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Last day to self-quarantine

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10 Day Option

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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

Additional contact or someone else got sick. Quarantine starts over. This become Day zero (0) *Last day of close contact.

Day Zero (0)
*Last day of close contact

Restart: Day 1 of Self-Quarantine

Day 1 of Self-Quarantine

Day 10:
Last day to self-quarantine

Can return to school/work/normal activities
No COVID-19 test is required

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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](#).

10 Day
Option

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

Person with COVID-19 has no symptoms.

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Day 10:
*Last day to self-quarantine

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29	30	31				

Day Zero (0)

*Last day of close contact

Day 1 of Self-Quarantine

Can return to school/work/normal activities: