

# K-12 School COVID-19 Isolation Requirements



## WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

### 1. Start isolating yourself right away.

- Stay home except to get medical care.
- Stay home for 5 days and isolate from others in your home. (stay in a separate room, use separate bathroom if possible, etc.).
- Parents please contact your school.

### 2. Think of the people you were around 48 hours before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine guidance.

"Resolving symptoms" means your symptoms have gotten noticeably better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.



Calhoun County Public Health Department guidelines for staff and students, regardless of vaccination status:

### 3. On Day 5, do you have no symptoms or are your symptoms resolving?

- If yes, you can return to normal activities on day 6 with a mandatory continued use of a well-fitting mask through day 10.
- If no, If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. If your symptoms are not resolving or are worsening, seek medical care.

## ISOLATION: STUDENT OR STAFF IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
<p>You get a positive test result or start having COVID symptoms. Start isolation.</p> <p><b>Day 0</b></p>	<p><b>Day 1</b></p>	<p><b>Day 2</b></p>	<p><b>Day 3</b></p>	<p><b>Day 4</b></p>	<p>If you have no symptoms or if symptoms are resolving, this could be last day of isolation</p> <p><b>Day 5</b></p>	<p>Normal activities can resume on day 6 if no symptoms or symptoms are resolving</p> <p><b>+Day 6</b></p>
<p><b>Day 7</b></p>	<p><b>Day 8</b></p>	<p><b>Day 9</b></p>	<p><b>Day 10</b></p>	<p><b>Day 11</b></p>	<ul style="list-style-type: none"> <li>• Mandatory continued use of a well-fitting mask through day 10.</li> </ul>	

CCPHD recommendation: If you continue to have fever or your other symptoms have not improved after 5 days of isolation, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved.

If symptoms develop after testing positive, the 5-day isolation period starts over.



[Check here for mask recommendation](#)





# K-12 School COVID-19 Quarantine Guidance

## WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

All students and staff who were identified as potentially exposed in a classroom or activity are considered as presumptive contacts and should monitor for symptoms for 14 days. In addition:

**If you...**

- a. Are a K-12 Student aged 5-17 who has received primary series of COVID-19 vaccine
- b. Are a Student or Staff 18 years or older and has received all recommended COVID-19 vaccine doses, including boosters and additional primary shots for some immunocompromised people
- c. Are a Student or Staff who has received a positive COVID-19 test result in the last 90 days

**Then you...**

- Should wear a well-fitting mask around others for 10 days.
- Should get tested (PCR or rapid antigen) on day 6, if possible. If positive, follow isolation guidance.

*\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.*

**If you...**

- **Are not vaccinated, OR**
- **Received your 2nd dose of Pfizer or Moderna vaccine more than 5 months ago and have not gotten a booster, OR**
- **Received your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster:**

**Then you...**

- Should test every other day for six days after exposure depending on COVID-19 test availability.

*\*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation guidance. If symptoms worsen or change, follow up with your medical provider and consider getting another COVID-19 test.*

### QUARANTINE: STAFF OR STUDENT IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19 IN A SCHOOL SETTING OR OUTSIDE OF A SCHOOL ASSOCIATED SETTING\*

Exposed Student or Staff has COVID-19 symptoms: Student or Staff should be isolated or seek a differential diagnosis from a health care provider or receive a negative COVID-19 antigen or PCR test.  
 Exposed Student or Staff is symptom free: 10-day quarantine and monitor symptoms for 14 days, or

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Stay home (quarantine)						Get tested on this day if possible.
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	If negative, normal activities can resume with recommended well-fitting mask use through day 10.  If positive, follow isolation guidelines	

\* This applies to individuals (5-17 year olds) that are not fully vaccinated, 18 and older and who have not received all recommended doses of vaccines or individuals that have not been infected in the past 90 days.



# K-12 School COVID-19 Isolation Requirements and Quarantine Guidance

## General Principles

### For Parents and Guardians:

- a. Have the student stay home when ill and get tested for COVID-19
- b. If the student tests positive for COVID-19, isolate at home following CDC, MDHHS, and CCPHD guidelines
- c. Report the student's positive test to the school
- d. If you determine that your child is a close contact (Less than 6' for 15 minutes or more over a 24-hour period) and they are not vaccinated or have been infected within the past 90 days, should test every other day for 6 days.
- e. If your child is a household contact of a known COVID-19 positive case CCPHD recommends quarantine for 5 days and test on day 6, if testing is available.

## General Principles

### For School Administrators:

- a. Screen students for signs and symptoms of illness and ask parents/guardians to keep ill students at home until well
- b. If the school becomes aware of a COVID-19 case, identify students/staff that may have been exposed to the case in the school setting
- c. Notify staff and the parents/guardians of students that may have been exposed to COVID-19 in a classroom or school-associated setting

## Additional recommendations from the Calhoun County Public Health Department (CCPHD):

Taking these extra steps can further reduce your risk of spreading COVID-19 to others.

- If you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing quarantine for a full 10 days. If doing this, Day 11 would be when you are done with quarantine.
- Those with chronic illnesses or who are immunocompromised are at higher risk for negative outcomes from COVID-19 and would benefit the most from masking in indoor settings. See below for masking options.

### The following are testing options:

- a. School administered antigen testing (if available)
- b. School distribution of home antigen tests performed by parents (if available)
- c. Parent acquisition and/or administration of a test with the understanding of needing to report results to the school

### Monitoring during days 1-10 following exposure

1. Watch for symptoms, such as fever, cough, shortness of breath, or other COVID-19 symptoms.
  - a. If symptoms develop, get tested immediately and isolate until receiving test results. If test is positive, then follow isolation recommendations.
2. For the full 10 days after last exposure, avoid people who are immunocompromised or at high risk for severe disease, and nursing homes and other high-risk setting



# Mask Recommendations

## What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

Some Protection

Most Protection



### No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

### Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

### Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

### High Filtration Masks

(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

# Recomendaciones de mascarillas

## ¿Qué mascarilla debo usar?

Además de vacunarse y reforzarse, los expertos médicos le recomiendan mejorar su mascarilla si desea protección óptima.

Ninguna protección

Alguna protección

La máxima protección



### Sin mascarilla o uso incorrecto

- La máscara debe cubrir la nariz y la boca y ajustarse bien a la cara sin dejar espacios
- No utilice máscaras que estén húmedas, sucias o dañadas
- No utilice mascarillas con válvulas de exhalación porque permiten la salida de partículas de virus

### Mascarillas de tela

- Lavables y reutilizables. Se lavan las mascarillas por lo menos cada día o cuando se ensucien
- Varias capas de tejido transpirable

### Mascarillas quirúrgicas

- Desechable y de un solo uso
- Varias capas de tejido transpirable
- Proporciona protección contra las gotas grandes

### Mascarillas de alta filtración

(Respiradores - N95, KN95, KF94)

- Varía según el tipo de máscara, pero es reutilizable hasta 5 veces el cuidado apropiado
- Filtra hasta el 95% de las partículas del aire
- Se ajusta bien a la cara cuando se coloca correctamente (un poco de vello facial puede interferir con este sellado)
- Diseñadas y reguladas para cumplir las normas internacionales. Consulte las listas de fabricantes de confianza de los CDC y del Proyecto N95 para evitar las mascarillas falsificadas.



Si no tiene acceso a una máscara respiratoria de alta filtración, use dos máscaras. Las máscaras de una sola capa, como las bandanas y las polainas, son menos efectivas, así que use una máscara de tela con múltiples capas o use una máscara de tela sobre una máscara quirúrgica. Asegúrese de que la mascarilla se ajusta correctamente: los alambres de la nariz mejoran el ajuste.