

This Isolation and Quarantine Guidance is specific to the current [post-surge recovery phase](#). Recommendations for isolation and quarantine may change as conditions evolve – such changes could include the presence of a new variant that increases the risk to the public, or an increased number of cases that strains the healthcare system.

ISOLATE IF YOU TEST POSITIVE FOR COVID-19

Students, teachers and staff who test positive for COVID-19 and/or display COVID-19 symptoms should isolate regardless of vaccination status.

- If asymptomatic, monitor for symptoms for days 0-10, AND
- Isolate at home for days 0-5 (day “0” is day symptoms begin or day test was taken for those without symptoms), AND
- If symptoms have improved or no symptoms developed, return to school, while wearing a well-fitted mask for days 6-10 OR
- Stay home for days 0-10 if unwilling/unable to wear a mask

If you have a fever, stay home until you are fever free for a period of 24 hours without the use of fever reducing medications.

Under no circumstances should schools allow someone with COVID-19 to return in fewer than 5 full days. Cases that return after 5 days should avoid people who are immunocompromised or at high risk for severe disease until after at least 10 days.

QUARANTINE GUIDANCE IN POST-SURGE RECOVERY PHASE

Regardless of vaccination status, if exposed to an individual with COVID-19:

SCHOOL EXPOSURES

- Close contact monitors symptoms for 10 days.
- Consider wearing a mask for 10 days following exposure.
- Test if symptoms develop.

PERSONAL/HOUSEHOLD EXPOSURES*

- Monitor symptoms for 10 days.
- Wear a mask around others for 10 days following exposure.
- Test 3-7 after exposure or if symptoms develop.
- Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.

OCHD recommends students, teachers, and staff age 5 and up get vaccinated, and that students, teachers, and staff ages 12 and up receive their booster as soon as they're eligible.

***Personal/Household contacts include individuals you share living spaces with, including bedrooms, bathrooms, living room and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc.).**