

## Options for Modified Quarantine For School Exposures From Your Local Health Department (12/5/21 updates)

When layered prevention strategies such as vaccination, masking, distancing, testing, isolation, and quarantine are applied consistently, school-associated transmission of COVID-19 is significantly reduced.

[Quarantine](#) and [isolation](#) are very important tools to prevent the spread of contagious diseases, such as COVID-19.

- You [isolate](#) when you have symptoms of COVID-19 or know you are infected with COVID-19 and have tested positive, even if you do not have symptoms. Isolation is used to separate people who are infected with COVID-19 from those who are not infected so they don't spread it to others.
- You [quarantine](#) when you have been exposed to COVID-19. This is because you might have been infected with COVID-19 and could spread COVID-19 to others before you know you have symptoms or test positive.

It is very important that anyone that has [COVID-19 symptoms](#), regardless of vaccination status, history of past infection, mask use, or other factors, should be isolated and tested for COVID-19 by antigen or PCR testing. If testing is negative or they have been given another diagnosis explaining their symptoms from a healthcare provider, they can return once their symptoms have improved and they have been free of fever, diarrhea, and/or vomiting for at least 24 hours.

Current evidence suggests the risk of COVID-19 spread in most school settings is lower than in household and social settings (see Evidence Review on page 9). Modified options for quarantine can be offered for students and staff that are close contacts<sup>1</sup> and remain free of symptoms. These options are given as follows.

### School Quarantine Guidance (Simplified illustrations provided at end of document)

#### **Fully vaccinated close contacts without symptoms do not need to quarantine.**

A person is considered fully vaccinated if it has been 2 weeks since their final dose of their primary COVID-19 vaccine series. Booster doses are not required to be considered fully vaccinated. Students, teachers, or employees who are fully vaccinated at the time they are exposed to COVID-19:

- Do not have to quarantine after being exposed to someone with COVID-19.
- Do need to watch for symptoms of COVID-19 and continue to properly wear a face mask for 14 days after the last day of exposure.
  - You can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform daily symptom assessment for 14 days after the last day of exposure.

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<sup>1</sup> Someone with an exposure is considered a close contact which is defined at <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html>: Someone who was within 6 feet of an infected person (laboratory-confirmed or a clinically compatible illness) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from 2 days before they have any symptoms (or, for asymptomatic patients, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.

- **Exception: In the K-12 indoor classroom setting**, the close contact definition excludes students who were within 3 to 6 feet of an infected student (laboratory-confirmed or a clinically compatible illness) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

- Should stay home (isolate) and get tested ASAP if symptoms occur.
- Should get tested 5-7 days after their exposure if they remain symptom-free (note increase from 3-5 days; this is per CDC recommendation change<sup>2</sup>).

## **Close contacts without symptoms that have recovered from COVID-19 within the past 90 days do not need to quarantine.**

Students, teachers, or employees that are exposed to COVID-19 again (a new exposure) within 90 days of being infected with COVID-19 and do not have symptoms of COVID-19:

- Do not have to quarantine after being exposed to someone with COVID-19.
- Do need to watch for symptoms of COVID-19 and continue to properly wear a face mask for 14 days after the last day of exposure.
  - You can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform daily symptom assessment for 14 days after the last day of exposure.
- Should stay home (isolate) and consult with their healthcare provider if symptoms occur to determine if they should be tested.

## **The Following Guidance Apply to Close Contacts That ARE NOT Fully Vaccinated or Have Not Recovered from COVID-19 Withing the Past 90 Days**

### **If both the person with COVID-19 and the close contact were properly wearing masks at the time of exposure:**

Students, teachers, or employees who were exposed to someone with COVID-19 at school **do not have to quarantine if:**

- The school can verify that both people were wearing a face mask correctly (the contact and the person with COVID-19) as described on page 6, and
- The close contact does not have any symptoms of COVID-19.

The close contact still needs to be informed of the exposure and told the following:

- If at any time during the 14 days after their exposure the close contact develops symptoms of COVID-19, he or she should isolate and get tested right away.
  - You can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform daily symptom assessment for 14 days after the last day of exposure.
- The close contact must continue to wear a mask properly for 14 days after the exposure.

As an added precaution, the close contact can be required to “test to stay” which includes:

- Test negative by rapid antigen testing each school day\* prior to attending class for 7 days past the date of their last exposure. Testing only needs to be done prior to attending school or school activities, in other words, it does not have to be done on weekends or holidays unless the student will be attending a school activity (see illustration on page 12).
  - Testing can be done in school by trained staff, at an offsite testing facility, or at home using a home test. Only rely on home test if you feel the results being reported to you are trustworthy.
- If any test is positive, the student must then isolate.
  - Contact tracing to this new case must occur. Remember to start contact tracing 2 days prior to date of positive test.

<sup>2</sup><https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

- NO CONFIRMATION WITH PCR IS NEEDED of a positive rapid antigen test in this situation as they were exposed to someone with COVID-19 therefore have a higher likelihood of infection. See [https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen\\_Testing\\_Algorithm\\_CommunitySettings.pdf](https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen_Testing_Algorithm_CommunitySettings.pdf)

\* While daily testing on days attending school and school activities is preferable, testing can be done every other day if there is a strain on testing capabilities (see illustration on page 12).

**If either the person with COVID-19 and/or the close contact *was not* properly wearing a mask at the time of exposure (this includes individuals with a mask exemption or only wearing a face shield):**

Students, teachers, or employees who were not properly wearing a mask at the time of exposure or who were exposed to someone who was not properly wearing a mask have two options. The first option is to quarantine. They may end quarantine either<sup>3</sup>:

- After 14 days.
- After 10 days without testing if they remain free of all symptoms of COVID-19.
  - They should continue to watch for symptoms and encouraged to wear a mask until day 14 and you can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform this daily symptom assessment.
- After 7 days if they remain symptom free, and a PCR test (rapid or traditional) or rapid antigen test is performed on day 6 or 7 and is negative.
  - They should continue to watch for symptoms and encouraged to wear a mask until day 14 and you can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform this daily symptom assessment.

The second option with less supporting evidence is to allow them to continue attending school **only IF** they are properly masked for 14 days after the exposure **AND** they follow the “test to stay” protocol which includes:

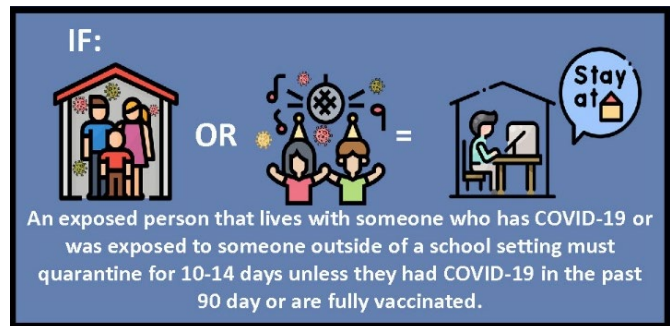
- Test negative by rapid antigen testing each\* school day prior to attending class for 7 days past the date of their last exposure. Testing only has to be done prior to school or days of school activities, in other words, it does not have to be done on weekends or holidays unless the student will be attending a school function (see illustration).
  - Testing can be done in school by trained staff, at an offsite testing facility, or at home using a home test. Only use a home test if you feel the results being reported to you are trustworthy.
- If any test is positive, the contact must isolate.
  - Contact tracing of any school contacts to this new case must occur. Remember to start contact tracing 2 days prior to date of positive test.
- NO CONFIRMATION WITH PCR IS NEEDED of a positive rapid antigen test in this situation as they were exposed to someone with COVID-19 therefore have a higher likelihood of infection. See [https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen\\_Testing\\_Algorithm\\_CommunitySettings.pdf](https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/Antigen_Testing_Algorithm_CommunitySettings.pdf)

\* While daily testing on days attending school is preferable, testing can be done every other day if there is a strain on testing capabilities (see illustration on page 12).

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<sup>3</sup> Quarantine options listed from safest to least safe; see “Options to Reduce Quarantine Using Symptom Monitoring and Diagnostic Testing” at <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html> for full explanation of risks

## What about students, teachers, or employees (who haven't had COVID-19 before or aren't fully vaccinated) that live with someone who has COVID-19, or were exposed to someone outside of a school setting?



A household contact is a person who lives with someone who has been diagnosed with COVID-19. This includes roommates at boarding schools. Household contacts are at a much higher risk of getting infected with the virus. Other settings, like gatherings with friends, social events, clubs, family functions, and so on, are also a much higher risk of causing COVID-19 infection.

Students, teachers, or employees who are a household contact or were exposed to COVID-19 outside of the school setting (who haven't had COVID-19 in the last 90 days or aren't fully vaccinated) **must quarantine** and do not qualify for any modified quarantine options. They may end quarantine either<sup>4</sup>:

- After 14 days.
- After 10 days without testing if they remain free of all symptoms of COVID-19.
  - They should continue to watch for symptoms and encouraged to wear a mask until day 14 and you can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform this daily symptom assessment.
- After 7 days if they remain symptom free, and a PCR test (rapid or traditional) or rapid antigen test is performed on day 6 or 7 and is negative.
  - They should continue to watch for symptoms and encouraged to wear a mask until day 14 and you can provide the assessment sheet on page 8 to instruction the parent/guardian or staff member to perform this daily symptom assessment.

For those following the 10- or 14-day quarantine, it is recommended they

- Get tested 5-7 days after their exposure if they remain symptom-free (note increase from 3-5 days; this is per CDC recommendation change<sup>5</sup>).

For household settings, it can be very hard to stay isolated from others in the home. If the student, teacher, or employee is unable to prevent having continued exposures, they may need to quarantine longer than 10 days. Every time they come into close contact with the person with COVID-19 while they are infectious, the 10–14-day quarantine starts over because they were exposed to the virus again. See the “Counting Quarantine” guide on page 13.

## What about students, coaches, or volunteers involved in athletics?

- Certain activities are higher risk for spreading COVID-19 and in an unmasked situation, quarantine may be the safest option. Specific activities are listed below.

<sup>4</sup> Quarantine options listed from safest to least safe; see “Options to Reduce Quarantine Using Symptom Monitoring and Diagnostic Testing” at <https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html> for full explanation of risks

<sup>5</sup><https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

High Risk Sport/Activity <sup>1,2</sup>	Intermediate Risk Sport <sup>1</sup>	Low Risk Sport <sup>1</sup>
<ul style="list-style-type: none"> <li>• Football</li> <li>• Volleyball (if unmasked)</li> <li>• Basketball</li> <li>• Ice hockey</li> <li>• Rugby</li> <li>• Water polo</li> <li>• Wrestling</li> <li>• Acrobatics and Tumbling (indoors)</li> <li>• Band (indoors)</li> <li>• Choir (indoors)</li> <li>• Indoor activity with shouting, sing, yelling, exercise, close prolonged talking (unmasked)</li> </ul>	<ul style="list-style-type: none"> <li>• Soccer</li> <li>• Volleyball (if masked)</li> <li>• Rowing (sculls of two or more)</li> <li>• Softball</li> <li>• Lacrosse</li> <li>• Indoor track and field</li> <li>• Baseball</li> <li>• Field Hockey</li> <li>• Fencing (if unmasked)</li> <li>• Band (outdoors)</li> <li>• Choir (outdoors)</li> <li>• Indoor activity with shouting, sing, yelling, exercise, close prolonged talking (masked)</li> </ul>	<ul style="list-style-type: none"> <li>• Bowling</li> <li>• Cross Country</li> <li>• Outdoor track and field</li> <li>• Rifle</li> <li>• Rowing</li> <li>• Equestrian (outdoor)</li> <li>• Golf</li> <li>• Gymnastics</li> <li>• Swimming and Diving</li> <li>• Tennis</li> <li>• Skiing</li> <li>• Fencing (if masked)</li> <li>• Beach volleyball</li> </ul>

<sup>1</sup> The NCAA has developed a risk stratification for sports. See table to right and see

[https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI\\_ResocializationDevelopingStandardsSecondEdition.pdf](https://ncaaorg.s3.amazonaws.com/ssi/COVID/SSI_ResocializationDevelopingStandardsSecondEdition.pdf) for additional details.

<sup>2</sup> High-risk extracurricular activities are those in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted indoors.

- Prolonged close contact and sharing of personal items, such as water bottles and food, are the largest risk factors for the spread of COVID-19. Time in locker rooms, pre- and post-participation gatherings, sideline/bench time, etc. are the highest risk activities.
- The quarantine options above can be used for in-athletic exposures with the following modifications:
  - If the “test to stay” protocol is elected, the daily testing is the preferred option; if less than daily testing is followed, then testing must occur on days of any athletic performance where proper masking may not be maintained (practice, games, etc.)
- Proper mask use must occur for 14 days past exposure during all non-competitive times (between practice drills, on the sidelines, when arriving at or departing from the playing facility, while in a locker room, while not on the playing field, and during shared transportation to/from an event).
  - If the face mask is removed for a break or meal, the athlete should remain at least 3 feet (ideally 6 feet) away from all other people.
- Any coach, official, or other adult exposed in the school or school athletic setting whose absence would be a severe hardship on to the team can be considered for a modified quarantine.
  - Consider if their exposure puts them at higher risk of infection, as well as the fact that adults are at higher risk to getting infected and transmitting COVID-19 to others.
  - If it is decided the benefits outweigh these risks, they need be test negative by PCR or antigen testing on the same day of any team interactions (practice, games, etc.) once a day for 7 days after their last exposure and must properly wear a mask at all times for 14 days past their last exposure.

## What does “wearing a face mask correctly” mean?

The school is responsible for verifying that face masks were worn correctly at the time of the exposure. This means the person who has COVID-19 and the person who came into close contact with them were both wearing a face mask correctly.

A face mask that is worn correctly must:



\*KN95 masks are not recommended for children

When doing contact tracing and evaluating specific situations, keep in mind times when masks may not be worn properly such as during lunch, extracurricular activities, band, athletics, gym, and other similar situations.

## Where can we get help with testing?

### School Testing Opportunities and State Support

(from [MI Safer Schools Guidance for Managing Students Exposed to COVID-19, December 3, 2021](#))

### MI Safer Schools Testing Program

MDHHS is providing schools antigen testing supplies free of charge through the [MI Safe Schools Testing program](#). Schools and individual school districts can request antigen test kits through the Mi Safer Schools: [School Antigen COVID Test Ordering form](#). MDHHS will be leveraging our partnership with Intermediate School Districts to help distribute COVID-19 antigen tests based on the orders placed in the School Antigen COVID Test Ordering Form. Questions about test supply orders can be sent to your Intermediate School District and any other school testing related questions can be sent directly to MDHHS at [MDHHS-COVIDtestingsupport@michigan.gov](mailto:MDHHS-COVIDtestingsupport@michigan.gov).

### Community Testing Locations

- Free community-based pop-up rapid antigen testing [Coronavirus - Community Based Pop-Up Rapid Antigen Testing](#)
- Find a COVID-19 testing location [Coronavirus - Test](#)

### Home Tests

At-home rapid COVID-19 antigen tests are now available and can be purchased over the counter in grocery stores and pharmacies. MDHHS has some at-home tests that will be available to schools through their ISDs. ISDs should contact the [MDHHS-COVIDtestingsupport@michigan.gov](mailto:MDHHS-COVIDtestingsupport@michigan.gov) team to order tests. The [MI Backpack Home Test Pilot Program](#) is a voluntary program offered by MDHHS for Michigan K-12 students, educators, staff, and their families who want an extra layer of protection against COVID-19

### Additional Resources

- [MDHHS Recommendations for Safer School Operations during COVID-19](#)
- [Guidance for COVID-19 Prevention in K-12 Schools | CDC](#)
- [Parents and Caregivers | CDC](#)
- [CDC Guidance for Fully Vaccinated People](#)
- [COVID-19 Guidance for Safe Schools \(American Academy of Pediatrics\)](#)

For the latest information on Michigan's response to COVID-19, please visit [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus). You may also call the COVID-19 Hotline at 888-535-6136 or email [COVID19@michigan.gov](mailto:COVID19@michigan.gov).

### **If your school system does not plan to enforce quarantine recommendation, masking, or testing:**

The information above is the guidance of local public health based on a balance of an effort to keep students and staff in school, as well as keep them safe from illness based on the latest evidence. If your school feels they are unable to follow this guidance for whatever reason, please at a *minimum* encourage a "screen to stay" program for those exposed in school as well as recommend and encourage universal masking (as opposed to having "optional" masking or masking that is "not required").

"Screen to stay" consists of continued contact tracing and notification of close contacts, and formal notification of close contacts with instruction to the parent/guardian or staff member to perform daily symptom assessment each morning at home prior to using school transportation or arriving at school for 14 days after the last day of exposure. They responsible adult will be given the assessment sheet on page 8. They will be instructed to keep the close contact in isolation if any symptom occurs and get testing as soon as possible. They will also be encouraged to get testing 5-7 days after the date of exposure.

## Symptom Assessment Sheet for Close Contacts

Your student has been identified as a close contact to someone contagious with COVID-19. To help control the spread of COVID-19 in the school, we ask you to check for the following symptoms and other risks each morning before your student leaves the house, gets on the school bus, goes to school, or goes to any school activities. You should do this until it has been a full 14 days after the date your student was last exposed. Your school should provide you with the date they were last exposed and/or how long to continue this screening. If your student experiences **any of the symptoms listed below or answers 'YES' to the questions below** at any time during the 14 days, they must not report for in-person learning or other in-person school activity, and the school should be contacted for further instructions.

**What date has the school told your student was last exposed?** \_\_\_\_\_

**What date has the school told you to perform daily screening until?** \_\_\_\_\_

**Has your student experienced any of the following symptoms in the past 24-hours that are new or different for them?**

<i>SYMPTOM</i>	<i>YES</i>	<i>NO</i>
Elevated temperature ( $\geq 100.4^{\circ}\text{F}$ )	<input type="checkbox"/>	<input type="checkbox"/>
Chills	<input type="checkbox"/>	<input type="checkbox"/>
Frequent coughing	<input type="checkbox"/>	<input type="checkbox"/>
Trouble breathing	<input type="checkbox"/>	<input type="checkbox"/>
Unusually tired	<input type="checkbox"/>	<input type="checkbox"/>
Muscle or body aches	<input type="checkbox"/>	<input type="checkbox"/>
Headache	<input type="checkbox"/>	<input type="checkbox"/>
Trouble tasting or smelling	<input type="checkbox"/>	<input type="checkbox"/>
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>
Stuffy or runny nose	<input type="checkbox"/>	<input type="checkbox"/>
Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>

<p><b>Has the person been in close contact with any <u>other</u> person <i>outside</i> of the school known to have COVID-19 in the past 24-hours?</b></p> <p style="text-align: center;">YES <input type="checkbox"/>      NO <input type="checkbox"/></p>
<p><b>Has the person been instructed by local health officials to quarantine or isolate within the past 24-hours?</b></p> <p style="text-align: center;">YES <input type="checkbox"/>      NO <input type="checkbox"/></p>
<p><b><i>If the answers to any of these symptoms or questions is "YES", stay at home and notify the school.</i></b></p>



Adapted from: Options for Temporary Relief from Student and Staff Quarantines due to COVID-19 Exposures in K-12 Schools Fall 2021  
[https://portal.ct.gov/-/media/SDE/Digest/2021-22/Screen-and-Stay-K12\\_Fall-2021\\_FINAL11052021.pdf](https://portal.ct.gov/-/media/SDE/Digest/2021-22/Screen-and-Stay-K12_Fall-2021_FINAL11052021.pdf)

## Evidence Review

A 14-day quarantine is still the best and most effective way to protect other people from being exposed to COVID-19. But keeping kids in school is best for their education and well-being. Based on what we learned over the 2020-2021 school year, that interventions such as face masks and testing reduce the risk of COVID-19 transmission<sup>6,7,8,9,10,11,12,13</sup> with a lack of evidence of harm<sup>14</sup>, schools and public health officials can modify quarantine protocols to balance the need for in-person learning with reducing the risk of spreading the virus<sup>15,16</sup>.

Evidence found that children who tested positive for COVID-19 were NOT more likely to have attended school in the 2 weeks before their positive test as compared to children who tested negative.<sup>17</sup> Children who tested positive were more likely to have attended a family gathering (wedding, funeral, parties, or playdates) in the 2 weeks before their positive test result. Children who tested positive were also less likely to report consistent wearing of face masks in the school by both students and staff.

The following guidance is based on findings from the 2020-2021 school year.<sup>12,18,19,20,21</sup> As COVID-19 continues to evolve and change, this guidance may need to change. If COVID-19 spread within schools is not contained following this guidance, changes may need to be made. Schools and public health officials must continually evaluate the guidance being followed and adapt as needed.

The guidance provided here is ONLY for K-12 public, private, and charter schools. It is not intended for use by institutions of higher education or childcare settings.

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<sup>6</sup> <https://pws.byu.edu/covid-19-and-masks>

<sup>7</sup> [https://files.fast.ai/papers/masks\\_lit\\_review.pdf](https://files.fast.ai/papers/masks_lit_review.pdf)

<sup>8</sup> <https://msphere.asm.org/content/5/5/e00637-20/article-info>

<sup>9</sup> [https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?s\\_cid=mm6928e2\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6928e2.htm?s_cid=mm6928e2_w)

<sup>10</sup> <https://jamanetwork.com/journals/jama/fullarticle/2768532>

<sup>11</sup> <https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

<sup>12</sup> <https://www.idsociety.org/covid-19-real-time-learning-network/infection-prevention/masks-and-face-coverings-for-the-public/>

<sup>13</sup> <https://www.cdc.gov/coronavirus/2019-ncov/more/masking-science-sars-cov2.html>

<sup>14</sup> <https://abcsciencecollaborative.org/masking-in-schools-the-abc-science-collaborative-provides-clarity-on-questions/>

<sup>15</sup> <https://policylab.chop.edu/sites/default/files/pdf/publications/PolicyLab-Guidance-for-In-person-Education-K-12-Educational-Settings-Fall-2021.pdf>

<sup>16</sup> [https://abcsciencecollaborative.org/wp-content/uploads/2021/06/ABC\\_year-in-review\\_29jun2021-final.pdf](https://abcsciencecollaborative.org/wp-content/uploads/2021/06/ABC_year-in-review_29jun2021-final.pdf)


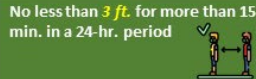


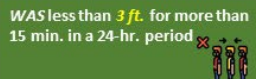


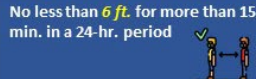


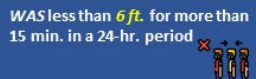


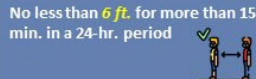




<sup>17</sup> [https://www.cdc.gov/mmwr/volumes/69/wr/mm6950e3.htm?s\\_cid=mm6950e3\\_w](https://www.cdc.gov/mmwr/volumes/69/wr/mm6950e3.htm?s_cid=mm6950e3_w)


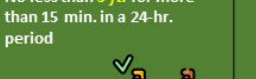










<sup>18</sup> <https://www.cdc.gov/mmwr/volumes/70/wr/mm7012e3.htm>

<sup>19</sup> <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7993558/>



















<sup>20</sup> <https://www.medrxiv.org/content/10.1101/2021.07.23.21260992v1>

<sup>21</sup> [https://coronavirus-download.utah.gov/School/COVID-19\\_School\\_Manual\\_FINAL.pdf](https://coronavirus-download.utah.gov/School/COVID-19_School_Manual_FINAL.pdf)

If Exposed Person Is Fully Vaccinated or Prior Illness Within 3 Months				
	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation
STUDENTS	 Properly Masked	No less than <b>3 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>No notification or other instructions needed</li> </ul>
	 Properly Masked	<b>WAS</b> less than <b>3 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>Watch for symptoms of COVID-19</li> <li>Wear a properly fitting mask for 14 days</li> <li>In those fully vaccinated: Get tested 5-7 days after exposure</li> </ul>
TEACHERS/STAFF	 Properly Masked	No less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>No notification or other instructions needed</li> </ul>
	 Properly Masked	<b>WAS</b> less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>Watch for symptoms of COVID-19</li> <li>Wear a properly fitting mask for 14 days</li> <li>In those fully vaccinated: Get tested 5-7 days after exposure</li> </ul>
STUDENTS AND STAFF	 Not Properly Masked	No less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>No notification or other instructions needed</li> </ul>
	 Not Properly Masked	<b>WAS</b> less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>Watch for symptoms of COVID-19</li> <li>Wear a properly fitting mask for 14 days</li> <li>In those fully vaccinated: Get tested 5-7 days after exposure</li> </ul>

If Exposed Person is Not Fully Vaccinated But Both Are Properly Masked					
	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation	
				Safest:	Alternative:
STUDENTS	 Properly Masked	No less than <b>3 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>No notification or other instructions needed</li> </ul>	
	 Properly Masked	<b>WAS</b> less than <b>3 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>Daily to every other day testing before school x 7 day</li> <li>Watch for symptoms and wear a properly fitting mask for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>Watch for symptoms and wear a properly fitting mask for 14 days</li> <li>Get tested after 5-7 days</li> </ul>
TEACHERS/STAFF	 Properly Masked	No less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>No quarantine needed.</li> <li>No notification or other instructions needed</li> </ul>	
	 Properly Masked	<b>WAS</b> less than <b>6 ft.</b> for more than 15 min. in a 24-hr. period 		<ul style="list-style-type: none"> <li>Daily to every other day testing before school x 7 days</li> <li>Watch for symptoms and wear a properly fitting mask for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>Watch for symptoms and wear a properly fitting mask for 14 days</li> <li>Get tested after 5-7 days</li> </ul>

**If Exposed Person is Not Fully Vaccinated And At Least One Person is NOT Properly Masked**

	Person Diagnosed with COVID-19	Distancing	Person Exposed to COVID-19	Recommendation	
				Safest:	Alternative:
<b>STUDENTS AND STAFF</b>	 Not Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<ul style="list-style-type: none"> <li>No quarantine needed</li> <li>No notification or other instructions needed</li> </ul>	
	 Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Not Properly Masked		
	 Not Properly Masked	No less than 6 ft. for more than 15 min. in a 24-hr. period 	 Not Properly Masked		
	 Not Properly Masked	<b>WAS</b> less than 6 ft. for more than 15 min. in a 24-hr. period 	 Properly Masked	<b>Quarantine for :</b> <ul style="list-style-type: none"> <li>14 days OR</li> <li>10 days, then watch for symptoms and wear a properly fitting mask for 14 days OR</li> <li>7 days IF test negative by PCR or rapid antigen test on day 6 or 7, then watch for symptoms and wear a properly fitting mask for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>Daily to every other day testing before school x 7 days</li> <li>Watch for symptoms and wear a properly fitting mask for 14 days</li> </ul>
	 Properly Masked	<b>WAS</b> less than 6 ft. for more than 15 min. in a 24-hr. period 	 Not Properly Masked		
	 Not Properly Masked	<b>WAS</b> less than 6 ft. for more than 15 min. in a 24-hr. period 	 Not Properly Masked		

# How To Count Testing Days in “Test To Stay” Plan

Example: Daily testing, last exposed on a Friday. Total tests needed: 5						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13 Last day exposed to contagious person	14 DAY 1 No school (weekend), no test needed
15 DAY 2 No school (weekend), no test needed	16 Day 3: TEST	17 Day 4: TEST	18 Day 5: TEST	19 Day 6: TEST	20 Day 7: TEST	21

Example: Daily testing, last exposed on a Monday, but school not aware of exposure until during day Wednesday. Total tests needed: 3						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9 Last day exposed to contagious person (but not yet diagnosed with COVID)	10 Sick student stayed home (day 1)	11 Learned today of sick student's positive test result (day 2)	12 Day 3: TEST	13 Day 4: TEST	14 DAY 5 No school (weekend), no test needed
15 DAY 6 No school (weekend), no test needed	16 Day 7: TEST	17	18	19	20	21

Example: Every other day testing, last exposed on a Friday, with a weekend school activity. Total tests needed: 4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8	9	10	11	12	13 Last day exposed to contagious person	14 SCHOOL EVENT Day 1: TEST
15 DAY 2 No school (weekend), no test needed	16 Day 3: TEST	17 SKIP TEST	18 Day 5: TEST	19 SKIP TEST	20 Day 7: TEST	21

# Counting Quarantine (using 10 days)

## COVID-19 positive or exposed:

When can I be around others again?



### Close Contact and Quarantine

#### SCENARIO 1

Sasha's partner gets sick on Monday and isolates in a separate room. Sasha feels well, but she was in close contact with her partner until Monday so she quarantine for at least 10 days.



### Isolation with Lingering Symptoms

#### SCENARIO 2

Alberto gets sick on Wednesday and has a fever and cough for ten days. He cannot end isolation until it's been ten days and he's fever-free for 24 hours.



Alberto isolates the ten days plus one extra day.

**Close contact:** usually someone who was within 6 feet of a person who is sick for 15 minutes or more (can be cumulative) within a 24-hour period. This can be anytime during the sick person's isolation or two days before the person got sick. This is regardless of face mask use.

**Isolation:** for people with symptoms or a positive COVID-19 test. Isolation should be for 10 days, beginning when symptoms started or positive test date.

**Quarantine:** for people who are well but who are close contacts of (i.e. exposed to) someone who is ill.

Details on isolation & quarantine: <https://bit.ly/3lsgkej>

### Isolation with Brief Illness

#### SCENARIO 3

Bill gets sick on Thursday. He feels better and his fever ends on Monday. Even though he seems well earlier, he still must isolate for a full ten days since his symptoms started.



Bill's isolation ends after ten days.

### Asymptomatic Case

#### SCENARIO 4

Amy's co-worker tested positive for COVID-19. Amy began to quarantine and decided to get tested after 5 days even though she never felt sick. Her test comes back positive.



The positive test starts isolation since Amy is asymptomatic.

### Household Quarantine and Isolation

#### SCENARIO 5

Tom's son, Jake, was exposed at school. Jake quarantines for 4 days and gets sick. Now, Jake isolates and Tom quarantines. Tom cares for Jake. He is exposed until Jake's isolation ends.



Tom's quarantine starts when Jake gets sick, but the 10-day count starts after Tom's last exposure to Jake. Tom will quarantine for 10 days.