

Modified School-Exposure Quarantine Guidance

Students and staff will have the following two options for quarantine when exposed at school or a school-related activity (athletics, extracurriculars, school clubs, etc):

1. At-home quarantine: Ten days at home after last date of exposure *or* return to school after day 5 with proof of a negative test result and no symptoms.
2. In-school mask quarantine: If the student is symptom-free, he/she is allowed to stay in school wearing a mask for 10 days after last date of exposure. They may stop wearing the mask indoors after day 5 with proof of a negative test result and no symptoms.

What to do

Regardless of what quarantine option is chosen, the individual is in quarantine and must remain home other than attending school or if actively participating in a school-related activity. Further, please monitor for symptoms for the entire 10-day duration of quarantine. If symptoms develop, contact a healthcare provider, take a lab-confirmed COVID-19 test and remain at home until test results are received. If test results are positive, isolate at home for 10 days from symptom onset date. All positive cases will receive a phone call from the local health department of individual's residence for further guidance.

At home quarantine (*applies to unvaccinated students/staff*)

- Stay at home and separate from others in the same household as much as possible. Do not go to school, extracurriculars, or other activities.
- Monitor for symptoms. On day 5, a lab-confirmed COVID-19 test may be taken. If test results are negative, the individual may return to school activities on day 5 at 3:00pm with proof of a negative COVID-19 test. The negative test results must be provided to the school prior to returning.
- If an individual does not wish to get tested on day 5, they should continue to quarantine through day 10 at 3:00pm if they continue to be free from symptoms.

In-school mask quarantine: (*applies to unvaccinated or fully vaccinated students/staff*)

- The individual may only attend school and extracurricular activities masked.
- Remain at home when not attending school or school-related activities and separate from others in the same household as much as possible.
- If participating in an indoor sport, the individual is expected to wear a mask when not actively participating in practice or a contest, including wearing a mask on the bench or when awaiting practice.
- On day 5, the individual may take a lab-confirmed COVID-19 test. If test results are negative, they may return to school on day 6 without a mask, with proof of a negative COVID-19 test.
- **This guidance does not apply to individuals who are deemed a close contact in the community or home setting.** Please refer to [CDC COVID-19 Quarantine and Isolation](#) for guidance.