



ISOLATION is for people who are already sick. Isolation separates and restricts sick people so they can't spread the disease to healthy people.

QUARANTINE is for people who are not sick but may have been exposed. Quarantined people may or may not become sick.

Who must stay home or will be sent home?



Anyone in isolation or quarantine for COVID-19.



Anyone who has symptoms of COVID-19.

- Temperature 100.4 or signs of fever (chills/sweating)
- Sore throat
- New or worsening cough*
- Difficulty breathing
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache
- New onset loss of taste or smell

*CDC: New uncontrolled cough that causes difficulty breathing



Anyone who is considered a close contact that had a potential exposure within the last 14 days.

- A person who was within 6 feet for at least 15 minutes of a confirmed COVID-19 case or someone under quarantine for possible exposure to COVID-19.
- Public health authorities may determine that distances beyond 6 feet or less than 15 minutes can still result in high-risk exposures based on other considerations and circumstances in each particular case.
- A person who had International or cruise ship travel within last 14 days.

If excluded, you may not return to school or any school activity until authorized by public health. For a medical evaluation and/or COVID-19 testing, contact your health care provider or call 2-1-1 for resources.

How long do they have to stay home and out of school?



If symptomatic AND tests positive for COVID-19 OR has risk for exposure but no testing (or results are pending), stay home:

- for at least 10 days from the first day symptoms started
- and until no fever and other symptoms have improved for at least 24 hours.



If symptomatic BUT has no known risk for exposure OR tests negative for COVID-19, stay home:

- until no fever, without the use of fever-reducing medications, for 24 hours
- and other symptoms have improved for at least 24 hours.



If no symptoms BUT has risk for exposure to COVID-19, stay home:

- for at least 14 days based on last exposure.



A person with COVID-19 is considered contagious starting 2 days (48 hours) before they started having symptoms. If a person never had symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 test was performed.



If someone is awaiting test results, their household members must stay home until results are in.



Classmates, and other close contacts of a symptomatic but undiagnosed person, or a quarantined person may continue to attend school and should monitor for symptoms. They do not need to be excluded from school.