

ST. MARY'S VISITATION

Catholic School  Elm Grove, WI

14-Day Quarantine Remains the Best Option

- A 14-day quarantine is the best option to ensure that a person exposed to COVID-19 does not transmit it into the community, even for people with no COVID-19 symptoms.
- It can take up to 14 days after exposure to the virus for a person to develop COVID-19 symptoms.
- Although asymptomatic individuals are at a lower risk of spreading COVID-19 after the tenth day of exposure, the risk of transmission still exists.

Based on the new CDC guidelines, below are a few key points:

- Identified as a close contact (not in your household):
 - 10 day quarantine (Continue to monitor for symptoms for full 14 days.)
 - 10 day quarantine can be reduced to as low as 7 days with a negative test taken no sooner than day 6.(Continue to monitor for symptoms for full 14 days.)
- Identified as a household close contact
 - 20 day quarantine (quarantined with infectious person plus 7-10 days after exposure)
 - 20 day isolation/quarantine period can be reduced to as low as 17 days with a negative test taken no sooner than day 16.
- Identified as a household close contact (infectious person is completely isolated or leaves the location)
 - 10 day quarantine (Continue to monitor for symptoms for full 14 days.)
 - 10 day quarantine can be reduced to as low as 7 days with a negative test taken no sooner than day 6.(Continue to monitor for symptoms for full 14 days.)
- Identified as a person who tests positive for COVID-19
 - 10 day isolation (assuming no symptoms)

*Subject to change at any time.

Quarantine means that (but not limited to):

- You must stay out of the public and stay home.
- You must not attend social gatherings or sports events, including both indoor and outdoor activities.
- Do not use public transportation, ride-sharing, or taxis.
- Do not travel, even within the local community.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments until you are out of quarantine. Notify your healthcare provider of your exposure to COVID-19 to determine how he/she would like to proceed.
- You should minimize contact with others in the home and, when possible, stay in your own room and use your own bathroom.
- You should not share personal household items, such as dishes, towels, and bedding.

If you develop any symptoms of COVID-19, please do the following:

- Stay isolated from others.
- Be tested for COVID-19, but please call your doctor ahead of time.
- Notify the Waukesha County Public Health at 262-896-8430.
- Notify the school, 262-782-7057.
- If you are having a medical emergency, call 9-1-1

For additional information, please visit <https://www.waukeshacounty.gov/safeschools>