

Appendix D. Isolation and Quarantine Guidance for Schools and Daycares

Table 1. Isolation Guidance for COVID-19 Cases (People who have COVID-19)

Symptoms	Isolation Guidance
Asymptomatic (No Symptoms)	<p>Cases who test positive but do not have symptoms should stay home for at least 5 days. Day 0 is the date they got tested, not the date they got their results.</p> <p>Cases may exit isolation on Day 6 if they meet the following criteria:</p> <ul style="list-style-type: none"> • They still do not have symptoms.* • They are able to wear a mask around others for 5 additional days (Days 6-10). <p>Note: Cases should continue to monitor for symptoms of COVID-19 Days 6-10. If symptoms develop, cases should “restart” their isolation period (see guidance for cases with symptoms below).</p>
Mild Symptoms	<p>Cases with mild symptoms should stay home for at least 5 days. Day 0 is the date that their symptoms started.</p> <p>Cases may exit isolation on Day 6 if they meet the following criteria:</p> <ul style="list-style-type: none"> • Their symptoms have significantly improved or resolved* • They have been fever free for at least 24 hours without fever reducing medication, and • They are able to wear a mask around others Days 6-10. <p>Note: If symptoms change or worsen during days 6-10, cases should resume isolation and contact their primary care provider.</p>
Severe Symptoms	<p>Cases with severe symptoms should stay home for at least 10 days. Day 0 is the date that symptoms started.</p> <p>Note: Patients with severe symptoms of COVID-19 include patients who are hospitalized and patients who develop complications from COVID-19 such as pneumonia.</p>
<p><u>Cases who cannot wear a well-fitting mask should stay home for 10 days.</u></p> <p>Cases who exit isolation on Day 6 should not participate in any activities during which they cannot wear a well-fitting mask (e.g., wind instruments, swimming, etc.) until Day 11.</p> <p>Cases may participate in sports on Days 6-10 if they are able to wear a mask consistently & correctly.</p>	

*Some patients with mild to moderate SARS-CoV-2 infection may not regain their sense of smell or taste for several weeks. Generally, these individuals are not considered infectious after their other symptoms have resolved and their isolation period has ended. Patients who are **immunocompromised** might need to isolate longer and should consult their primary care provider.

Appendix D. Isolation and Quarantine Guidance for Schools and Daycares

Table 2a. COVID-19 Quarantine Guidance: **Booster Dose NOT Required for 5-11yo Students**

Vaccination Up to Date	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You are 12yo or older and are up to date on your COVID-19 vaccines. 	You do NOT need to quarantine. <ul style="list-style-type: none"> Get tested if you develop COVID-19 symptoms.
Vaccinated*	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You are 6mo-11yo and completed <i>at least</i> the primary series of your COVID-19 vaccines. 	You do NOT need to quarantine. You should... <ul style="list-style-type: none"> Wear a mask around others for 10 days if not up to date. Get tested on Day 5 if not up to date. Get tested if you develop COVID-19 symptoms.
Recent COVID-19 Infection	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You had COVID-19 within the last 6 months** (i.e., you tested positive using a viral test). 	You do NOT need to quarantine. <ul style="list-style-type: none"> Get tested if you develop COVID-19 symptoms.
Unvaccinated or Vaccination Not Up to Date	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You are 12yo or older and are not up to date on your COVID-19 vaccines, OR You are 6mo-11yo and have not completed a primary vaccine series. 	You should quarantine for at least 5 days. You also should... <ul style="list-style-type: none"> Monitor for COVID-19 symptoms for 10 days. Get tested on Day 5. Exit quarantine on Day 6 if you can wear a mask around others and do not have COVID-19 symptoms. Get tested if you develop COVID-19 symptoms.
<p>Close contacts who are not up to date and who cannot wear a well-fitting mask should quarantine for 10 days from their date of last exposure to COVID-19.</p> <p>Close contacts who are a) <i>not up to date</i> or b) <i>have not tested positive for COVID-19 in the last 6 months</i> and who exit quarantine before Day 11 should not participate in any activities during which they cannot wear a well-fitting mask (e.g., wind instruments, swimming, etc.).</p> <p>Children under two years of age should not wear a mask.</p>		

*Schools may consider forgoing quarantine for students ages **5-11** years who have completed their primary vaccine series but have **not yet received all boosters for which they are eligible**.

**CDC and VDH/AHD quarantine guidance may differ. Please consult with your school administrator regarding your school's policy.

Appendix D. Isolation and Quarantine Guidance for Schools and Daycares

Table 2b. COVID-19 Quarantine Guidance: **All Students Required to be Up to Date**

Vaccination Up to Date	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You are 6mo or older and are up to date on your COVID-19 vaccines. 	You do NOT need to quarantine. <ul style="list-style-type: none"> Get tested if you develop COVID-19 symptoms.
Recent COVID-19 Infection	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You had COVID-19 within the last 6 months* (i.e., you tested positive using a viral test). 	You do NOT need to quarantine. <ul style="list-style-type: none"> Get tested if you develop COVID-19 symptoms.
Unvaccinated or Vaccination Not Up to Date	If you were exposed to COVID-19 and... <ul style="list-style-type: none"> You are 6mo or older and are not up to date on your COVID-19 vaccines. 	You should quarantine for at least 5 days. You also should... <ul style="list-style-type: none"> Monitor for COVID-19 symptoms for 10 days. Get tested on Day 5. Exit quarantine on Day 6 if you can wear a mask around others and do not have COVID-19 symptoms. Get tested if you develop COVID-19 symptoms.
<p>Close contacts who are <i>a) not up to date or b) have not tested positive for COVID-19 in the last 6 months</i> and who exit quarantine before Day 11 should not participate in any activities during which they cannot wear a well-fitting mask (e.g., wind instruments, swimming, etc.).</p> <p>Children under two years of age should not wear a mask.</p>		

*CDC and VDH/AHD quarantine guidance may differ. Please consult with your school administrator regarding your school's policy.

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Isolation & Quarantine Guidance for Daycares & Preschools

Daycares and preschools may implement a **10-day isolation** period or a **5-day isolation** period for COVID-19 **cases**. They may implement a **10-day quarantine** period or a **5-day quarantine** period for close contacts who either a) have not had COVID-19 in the past 6 months or b) are not up to date on their COVID-19 vaccines. The decision to use either timeline for cases and contacts may depend on a person's ability to mask effectively and safely on Days 6-10 (children under 2 years old should not wear masks). Use of a 10-day quarantine/isolation period is still the safest way to stop the spread of COVID-19 in preschool/daycare facilities.

Staff and attendees who are up to date on their COVID-19 vaccine do *not* need to quarantine.

AHD recognizes that different programs have varying levels of risk tolerance and encourages administrators to adopt creative solutions to meet their community's unique emotional, educational, and developmental needs. Schools and daycares may adopt alternatives to traditional quarantine (e.g., [Test To Stay](#)) to facilitate in-person learning and child care. Schools and daycares should take into account their [COVID-19 Community Level](#) and the risk tolerance of their parents/guardians and staff when considering alternative solutions to quarantine.