

## Regional School District 10 Updated Isolation and Quarantine Guidelines

### Section 1: Covid Cases:

1. **Covid Positive individuals must isolate for at least 5 days from their positive test or onset of symptoms. (If symptoms start after the positive test then the isolation restarts, for 5 days, on the day of symptom onset)**
  
2. **Individuals with Covid symptoms must isolate and get tested.**
  - **If test result is negative, return to activities when fever free for at least 24 hrs. and asymptomatic for other covid symptoms**
  
  - **If test result is positive, isolate for at least 5 days, return to activities on day 6 or later when fever-free for at least 24 hrs. and asymptomatic for other covid symptoms**

**Symptoms may include** fever (measured temp 100.4F or more), chills, new cough, shortness of breath, difficulty breathing, loss of taste or smell, congestion, sore throat and extreme fatigue.

### Section 2: Close Contacts

#### 1. Individuals Identified as a Close Contact:

##### Guidance for Fully Vaccinated Individuals

	Students/Staff with <b>ANY COVID-19 symptoms</b>	Students/Staff with <b>NO COVID-19 symptoms</b>
<p><b>If fully vaccinated</b> against COVID-19 (Defined as two weeks after second dose of Pfizer or Moderna vaccines or first dose of Johnson &amp;</p>	<p>If notified of a <b>close contact</b> with a COVID-19 case:   <b>Isolate</b> at home.   <b>Test</b> for COVID-19 (either self-test or at a testing site).                       If test result is <b>negative</b>, return to activities when fever free for at least 24 hrs. and asymptomatic for other covid symptoms                       If test result is <b>positive</b>, isolate for at least 5 days, return to activities on day 6 or later when fever-free for at least 24 hrs. and asymptomatic for other covid symptoms</p>	<p>If notified of a <b>close contact</b> with a COVID-19 case:   <b>Continue</b> with in-person learning or return to work.   <b>Recommended Test</b> for COVID-19 (either self-test or at a testing site) 5 days after the exposure.   <b>Consider quarantining</b> for 5- days from other activities outside of school, especially if notified of an extended high intensity exposure (e.g., household contact, unmasked social contact, contact during athletic activities).</p>

Johnson vaccine)	<b>Wear a mask</b> at all times when around others for an additional 5 days (i.e., through day 10).	<b>Wear a mask</b> at all times during any activities when around others for 10 days.
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### Guidance for Individuals who are partially Vaccinated or Unvaccinated

	Students/Staff with <b>Any COVID-19 symptoms</b>		Students/Staff with <b>No COVID-19 symptoms</b>
<p style="text-align: center;">If only <b>partially vaccinated</b> (One dose of a two dose COVID-19 vaccine or within two weeks of final dose) or <b>Unvaccinated</b> or Vaccination status is <b>unknown</b></p>	<p>If notified of a <b>close contact</b> with a COVID-19 case:</p> <p><b>Isolate</b> at home for a minimum of 5 days since last exposure to the COVID-19 case.</p> <p><b>Test</b> for COVID-19 (either self-test or at a testing site).</p> <p>Return to activities on day 6 or later when fever-free for at least 24 hrs. and asymptomatic for other covid symptoms</p> <p><b>Wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p>If <b>no known close contact</b> with a COVID-19 case:</p> <p><b>Isolate</b> at home. <b>Test</b> for COVID-19 (either self-test or at a testing site).</p> <p>If test result is <b>negative</b>, return to activities when fever-free for at least 24 hrs. and asymptomatic for other covid symptoms</p> <p>If test result is <b>positive</b>, isolate for at least 5 days after symptoms began, return to activities on day 6 or later when fever-free for at least 24 hrs. and asymptomatic for other covid symptoms, and <b>wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>	<p>If notified of a <b>close contact</b> with a COVID-19 case:</p> <p><b>Quarantine</b> at home from school, extracurricular activities, and other activities for 5 days from the last exposure to the COVID-19 case.</p> <p><b>Recommended Test for COVID-19</b> (either self-test or at a testing site) 5 days after the exposure.</p> <p><b>Wear a mask</b> at all times during any activities when around others for an additional 5 days (i.e., through day 10).</p>