

## QUICK BREAKDOWN, ISOLATION AND QUARANTINE

<b>Asymptomatic Positive</b>	.... 5 days isolation.
<b>Symptomatic Positive</b>	.... 5 or more days isolation (symptoms resolving, fever free).
<b>Close Contact</b>	.... 5 days quarantine (release if symptom free).
<b>Household No Separation</b>	.... 5 days from last day of isolation.
<b>What is Day 0?</b>	.... The date of the test if no symptoms. The date of symptom onset with symptoms.

### If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

*If you have a fever, continue to stay home until your fever resolves.*

**Does having had symptoms that are now gone at time of interview fit the asymptomatic 5-day guideline?** Yes, an individual may be released after day 5 if no longer symptomatic or symptoms are improving and the individual is fever free.

**If not vaccinated and symptomatic, does the original 10 days apply?** No, an individual may be released after day 5 if no longer symptomatic or symptoms are improving.

**What defines “symptoms resolving”?** This is subjective. If the individual is feeling generally better and is fever free, their symptoms would be considered “resolving.” Remember, that they should continue to mask through day 10.

**What if I am unable to wear a mask?** Isolate for 10 days.

**How long should someone who is immunocompromised isolate?** People who are moderately to severely immune compromised likely shed the virus for longer periods of time. It is appropriate to isolate individuals in this category for 10 days. Please adjust letters accordingly.

**When can a positive case return to athletics?** If the case meets the definition for shorter isolation, they may return to athletics provided they wear a mask through day 10. It is recommended that children be evaluated by their pediatrician prior to return to sports.

If You Were Exposed to Someone with COVID-19 (Quarantine)	
<p>If you:</p> <p>Have been boosted</p> <p><b>OR</b></p> <p>Completed the primary series of Pfizer or Moderna vaccine within the last 6 months</p> <p><b>OR</b></p> <p>Completed the primary series of J&amp;J vaccine within the last 2 months</p> <p>NOTE: Under 18, boosted is not required per CDC</p>	<ul style="list-style-type: none"> <li>• Wear a mask around others for 10 days.</li> <li>• Test on day 5, if possible.</li> </ul> <p><i>If you develop symptoms get a test and stay home.</i></p>
<p>If you:</p> <p>Completed the primary series of Pfizer or Moderna vaccine <b>over</b> 6 months ago and are not boosted</p> <p><b>OR</b></p> <p>Completed the primary series of J&amp;J <b>over</b> 2 months ago and are not boosted</p> <p><b>OR</b></p> <p><b>Are unvaccinated</b></p>	<ul style="list-style-type: none"> <li>• Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.</li> <li>• Test on day 5, if possible.</li> </ul> <p><i>If you develop symptoms get a test and stay home.</i></p>

**How should we handle quarantine for someone that cannot isolate from a case? We would typically use the last date of infectious period. Do we still use that date?** The infectious period is considered 2 days before onset of symptoms (or test date if asymptomatic) through 5 days after symptom onset (or 5 days after test date if asymptomatic). You would begin a household contact's quarantine after the 5 days of isolation are completed for the infectious individual. At this time, we will not extend quarantine based on the infectious person's continued symptoms beyond day 5.

**Guidelines state boosted individuals don't have to quarantine- what about immune compromised who are not eligible for a booster yet, but got their "additional" dose?** These individuals would have 6 months from the time of their "additional dose" and after that period would be due for a booster.

**What about close contacts at school?** Unmasked school close contacts should quarantine for 5 days and mask for 10 days. In Pittsville they may attend school in the first 5 days if they participate in Test to Stay as long as they remain symptom free.

**What about returning to sports?** Return to athletics can be as soon as 5 days of quarantine symptom free provided they are masked for 10 days. In Pittsville they may return to athletics as early as the first day identified if they choose to participate in Test to Stay and remain symptom free.

**Should quarantined individuals continue to monitor for symptoms?** Yes, continuing to monitor for symptoms for 14 days after exposure is good practice.