

Quarantine/Isolation Guidelines:

Definitions:

- **Close Contact** – You have been in close contact with someone if you have been with them longer than 15 minutes, closer than 6 feet, and/or no face covering was used.
 - **In a K-12 indoor classroom, the close contact definition excludes students who were at least three feet away from an infected student when (a) both students were wearing face coverings/masks and (b) other prevention strategies were in place.** This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.
 - The definition of a close contact may vary in some situations (e.g., less time spent in close proximity to an unmasked person who is coughing, direct cough/sneeze spray, or other contact that is more intense like sharing drinks, eating utensils, etc.). The ultimate determination of close contact is made by the local health jurisdiction during its investigation; it may delegate this determination if appropriate.
- **Quarantine** – Quarantine is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.
 - **People who may be exempt from quarantine:**
 - **Close contacts who are fully vaccinated and do not have symptoms do not need to quarantine** but should be tested 3-5 days following a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in all public indoor spaces for 14 days or until they receive a negative test result.
 - Close contact who had confirmed COVID-19 in the past three months, have recovered and do not have symptoms, do not need to quarantine but should watch for symptoms and get tested if symptoms develop.
- **Isolation** – Isolation is what you do if you have COVID-19 symptoms or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.
- **COVID-19 Symptoms** – These are identified symptoms that are not caused by another known condition. They include:
 1. Fever (100.4 F or higher) or chills
 2. Cough
 3. Shortness of breath or difficulty breathing
 4. Unusual fatigue
 5. Muscle or body aches
 6. Headache
 7. Recent loss of taste or smell
 8. Sore throat
 9. Congestion or runny nose
 10. Nausea or vomiting
 11. Diarrhea