

Isolation & Quarantine Guidelines



Effective Jan. 10, 2022 — The Centers for Disease Control and Prevention changed the nation’s COVID isolation and quarantine timelines earlier this month. The [Washington State Department of Health \(DOH\)](#) has now also updated its guidelines for K-12 public schools, which are followed by school districts throughout the state. **We are not retroactively changing isolation or quarantine dates for students.**

COVID-19 Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- This list does not include all possible symptoms.

Symptoms may appear within two to 14 days after exposure to the virus. You may not have all of the symptoms, and your symptom or symptoms may be mild. If you experience any of the following symptoms we advise you to get tested.

Positive Case for COVID-19

Students and employees **who test positive for COVID-19 should isolate themselves at home for at least five days, regardless of their vaccination status.** See [Protocols for Presumptive, Positive, and Negative COVID-19 Cases](#) for details.

They can **come back to school/work** after five days if:

- It’s been five days since [symptoms](#) began, or a positive COVID test result; and
- They are NOT symptomatic, or symptoms are resolving; and
- NO fever for 24 hours without the use of fever-reducing medication.

Symptoms should continue to be monitored, and the student/employee should wear a mask through day 10 anywhere outside of their home.

Individuals who have accommodations that allow them to attend school and not wear a well-fitting mask or face shield with a drape or wrap must stay in isolation the full 10 days.

Close Contact & Quarantine

Quarantine is when someone who has been exposed to COVID-19 stays home and away from others for a recommended period of time. Day 0 is the date of exposure.

Who must quarantine?

Students and employees who come into **close contact with someone with COVID-19 should quarantine for at least five days** (day 0 through day 5) after their last close contact* with a person who has COVID-19 if they are in one of the following groups:

- Ages 18 or older and completed the primary series of recommended vaccine, but have not received a recommended booster shot when eligible.
- Those who have received the single-dose Johnson & Johnson vaccine (completing the primary series) more than two months ago and have not received a recommended booster shot.
- Those who are not vaccinated or have not completed a primary vaccine series.

* For household exposures this would be the last day the person with COVID-19 is considered infectious (ie day 5 - close contact day 1 quarantine begins on day 6 of positive person.)

Who does not need to quarantine?

Students and employees who come into close contact with someone with COVID-19 **do not need to quarantine** if they:

- Are ages 18-years-old or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- Are ages 5- to 17-years-old and completed the primary series of COVID-19 vaccines.
- Had confirmed COVID-19 within the last 90 days.

When can a Close Contact Person Return from a COVID-19 Quarantine



Effective Jan. 10, 2022

Five-Day with Negative Test Quarantine (students and staff):	Without additional testing, quarantine for 10 days after the last close contact:
<p>Quarantine can end after five full days beginning after the last close contact (day six) if no symptoms have developed and after receiving a negative test result.</p> <p>The test should occur no sooner than day five post-exposure. Tests can be PCR or Rapid (Lab or BinaxNow, but not at-home tests.) Proof of negative results required to be provided.</p> <ul style="list-style-type: none"> ● Negative test results may come from school testing programs, a health care provider, local health jurisdiction, pharmacy, or other community-based test site. ● Proof of a negative COVID-19 test includes the original, a copy, or a photo of a document or other communication from the test provider or laboratory that shows: <ul style="list-style-type: none"> ○ The first and last names of the individual tested. ○ The type of test performed (must be molecular or antigen). ○ The date the specimen was collected (must be on or after day five post-exposure). ○ A negative result ● Students and staff should continue monitoring for symptoms and wearing a well-fitting mask around others through day 10 (days six to 10) both in and out of school, including during extracurricular and sports activities. 	<p>If any COVID-19 symptoms develop during the 10 days, remain in quarantine the full 14 days and get tested. Continue monitoring for symptoms until day 14.</p> <ul style="list-style-type: none"> ● Families who wish to keep their child in quarantine for the previously recommended 10-14 days will have the support of the district. Absences will continue to be excused and at-home learning options will be provided by teachers. <p>Students and employees who are currently quarantined must complete their eight to 14 days. These new changes are not retroactive.</p>

When can a Non-Close Contact, Symptomatic Person Return to School/Work

Immediately isolate from others and **immediately get a COVID test**. The staff/student can return to work/school if:

<p>Negative Test AND:</p> <ul style="list-style-type: none"> ● the symptoms significantly improve and ● there's NO fever for 24 hours without the use of fever-reducing medication ● It is recommended to have a 2nd lab confirmed PCR or Rapid test within 48 hours, but not required. Unobserved at home tests will not be accepted. At home observation is telehealth. 	<p>Positive Test/No Test/No Alternate Diagnosis from HCP:</p> <ul style="list-style-type: none"> ● It's been five days since symptoms began, or five days since positive COVID test result; and ● They are NOT symptomatic, or symptoms are resolving; and ● NO fever for 24 hours without the use of fever-reducing medication.
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