

# ***Updated Quarantine Options following Exposure to COVID-19***

**(CDC, LDH – December 7, 2020)**

<b>7 DAY QUARANTINE</b>	<b>10 DAY QUARANTINE</b>	<b>14 DAY QUARANTINE</b>
<ul style="list-style-type: none"> <li>The student may return 7 days from the date of last exposure to an infected individual</li> <li>A negative test is required; this must be a molecular/PCR or antigen test- <b>antibody tests NOT ACCEPTED</b>; this test cannot be conducted early than Day 5 of the quarantine period</li> <li>The student must have not displayed any symptoms</li> <li>Continue to monitor the student's symptoms until 14 days from date of last exposure</li> <li>If the student becomes symptomatic, isolate immediately, seek medical advice, contact school</li> </ul>	<ul style="list-style-type: none"> <li>The student may return 10 days from the date of last exposure to an infected individual</li> <li>This option is for students who will not be tested for COVID-19</li> <li>The student must have not displayed any symptoms</li> <li>Continue to monitor the student's symptoms until 14 days from the date of last exposure</li> <li>If the student becomes symptomatic, isolate immediately, seek medical advice, contact school</li> </ul>	<ul style="list-style-type: none"> <li>This continues to be the "gold standard" for quarantine</li> <li>14 day quarantine guarantees maximum reduction of post-quarantine transmission risk</li> <li>This option has shown the greatest collective experience at present</li> <li>The student may return 14 days from the date of last exposure to an infected individual</li> <li>If the student becomes symptomatic, isolate immediately, seek medical advice, contact school</li> </ul>

## **If a student tests positive for COVID-19, the student may return when:**

- 10 days have passed from when the symptoms first appeared
- All symptoms have improved
- The student has been fever-free without the use of medications for 24 hours
- The student is not using any medications to treat or mask any COVID-related symptoms