



## Student Isolation and Quarantine Protocols

Based on Updated Guidelines from:  
California Department of Public Health (CDPH)  
Alameda County Public Health Department (ACPHD)  
Contra Costa County Health Services (CCCHS)  
(Updated 1/12/22)

### Definitions:

\* *Exposure or close contact means that the student was within 6 feet for more than 15 minutes over a 24-hour period with or without a mask, indoors or outdoors, with someone who has tested positive for COVID.*

\*\* *Antigen test preferred*

\*\*\* *Fully vaccinated for COVID: two weeks or more after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), two weeks or more after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).*

\*\*\*\* *Up-to-date vaccinated: fully vaccinated and boosted, or fully vaccinated but not yet eligible for booster.*

### My child tested positive for COVID: Isolation Required

- Your child, regardless of vaccination status, previous infection, or lack of symptoms must isolate themselves at home.
- Contact the school to report the positive results.
- Your child will have to stay home for 5 days (If symptomatic, Day 0 is the first day of symptom onset. If asymptomatic, Day 0 is the day the positive test was taken.)
  - Day 1 is the first full day after your symptoms developed or your test specimen was collected.
- Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative.
  - A picture of the negative test result with the student's name and date on the test must be emailed or brought in person to the school site or administrator.
- If you are unable to have your child take a test, or you choose not to test your child, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving, or until after day 10.
- Your child must wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

**My fully vaccinated\*\*\* child was exposed\* to someone with COVID: Remain in School and Monitor**

- Your child is not required to quarantine
  - Your child must wear a well-fitting mask around others for 10 days, especially in indoor settings
- If your child does not have any symptoms, he/she may remain in school and participate in all school activities.
- If symptoms develop, test\*\* and stay home.
  - If testing positive, your child will have to quarantine at home. Please contact the school office for further instructions.

**My unvaccinated child was exposed\* to someone with COVID (both masked): Modified Quarantine**

- Your child may continue attending school for in-person instruction under the “modified quarantine” protocol as long as your child...
  - remains symptom-free
  - continues to mask appropriately
  - quarantines from extracurricular activities at school, including sports, and activities in the community.
  - gets tested two times per week during the 10-day modified quarantine period (testing recommended immediately after notification of exposure and on or after day 5 after exposure)
  - Your child’s “modified quarantine” will end after day 5 if no symptoms are present and with a negative diagnostic test.
    - A picture of the negative test result with the student’s name and date on the test must be emailed or brought in person to the school site or administrator.
    - If testing positive, follow recommendations above.
- Your child must wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.

Your unvaccinated child is not eligible for “modified quarantine” without testing. In this case your child will have to stay at home, and they can return to school after day 10, if symptoms are not present.

**My unvaccinated child was exposed\* to someone with COVID (masked or unmasked): Shortened Quarantine**

- Under the “shortened quarantine” protocol your child can return to school
  - after Day 7 if a test is collected on or after day 5 from the last date of exposure and the test is negative.
  - remains symptom-free
  - continues to mask appropriately

Your unvaccinated child is not eligible for “shortened quarantine” without testing. In this case your child will have to stay at home, and they can return to school after day 10, if symptoms are not present.

**My child and/or the COVID-positive contact were not masked: Quarantine at Home**

- Your child must quarantine at home until...
  - 7 days have passed from last date of exposure with a negative test on or after day 5
  - 10 days have passed from last date of exposure with no symptoms

**My child, who was previously infected with SARS-Cov-2, was exposed\* to someone with COVID: Monitor and Test on Day 5**

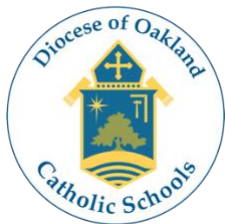
- Children who were previously diagnosed with symptomatic or asymptomatic, lab-confirmed COVID-19, do not need to be quarantined if the exposure was within 90 days of previous COVID-19 infection and they remain asymptomatic. Testing is recommended on day 5, antigen preferred.

**My child has COVID symptoms: Isolate at Home and Test**

- Your child must isolate themselves at home if they are experiencing COVID symptoms, regardless of vaccination status.
  - Because of the difficulty of differentiating COVID symptoms from symptoms of other illnesses, it is recommended that students experiencing any illness stay home from school.
  - Please report your student's absence to your school.
- Your child may return to school when:
  - Symptom(s) have improved, and they are fever free for 24 hours; AND
  - They produce a negative test.
    - A picture of the negative test result with the student's name and date on the test must be emailed or brought in person to the school site or administrator.
  - If you are unable to have your child take a test, or you choose not to test your child, and symptoms are not present or are resolving, isolation can end after day 10.
- Your child must wear a well-fitting mask around others for 10 days, especially in indoor settings

**COVID Symptoms Include:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Runny Nose
- Sore Throat
- Vomiting
- Diarrhea
- New Loss of taste or smell



## **Staff Isolation and Quarantine Protocols**

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(Updated 1/10/22)

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\*\* *Antigen test preferred*

\*\*\* *Fully vaccinated for COVID: two weeks or more after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), two weeks or more after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).*

\*\*\*\* *Up-to-date vaccinated: fully vaccinated and boosted, or fully vaccinated but not yet eligible for booster.*

### **Staff who tested positive for COVID: Isolate at Home**

- Contact the school to report the positive results.
- Regardless of vaccination status, previous infection, or lack of symptoms must isolate themselves at home.
- Will have to stay home for 5 days (If symptomatic, Day 0 is the first day of symptom onset. If asymptomatic, Day 0 is the day the positive test was taken.)
- Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on day 5 or later tests negative.
  - A picture of the negative test result with the staff member's name and date on the test must be emailed or brought in person to the school site or administrator.
- If you are unable to take a test, or you choose not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving, or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings

### **Staff who has COVID symptoms: Isolate at Home and Test**

- Staff must isolate themselves at home if they are experiencing COVID symptoms, regardless of vaccination status.
  - Because of the difficulty of differentiating COVID symptoms from symptoms of other illnesses, it is recommended that students experiencing any illness stay home from school.
- Staff with COVID symptoms may return to school when:
  - Symptom(s) have improved and they are fever free for 24 hours; AND
  - They produce a negative test.
    - A picture of the negative test result with the staff member's name and date on the test must be emailed or brought in person to the school site or administrator.
  - If you are unable to take a test, or you choose not to test, and symptoms are not present or are resolving, isolation can end after day 10.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings

#### **COVID Symptoms Include:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

### **Vaccinated and Boosted Staff\*\*\*\*, or not Booster Eligible, was exposed\* to someone with COVID: Monitor and Test**

- Quarantining is not required
- Wear a well-fitting mask around others for 10 days, especially in indoor settings
- Need to test on Day 5 or later
  - If testing positive, follow recommendations above.
- If symptoms develop, test and stay home.

### **Booster-Eligible Vaccinated\*\*\* Staff, who is not yet boosted, was exposed\* to someone with COVID: Quarantine at Home**

- Staff can return to school after one of the two criteria are satisfied:
  - No symptoms after Day 10 (from date of last exposure)
  - Return after day 5 if Negative test on day 5 or after, if remain symptom free.

**Unvaccinated staff (or vaccination status unknown) was exposed\* to someone with COVID:  
Quarantine at Home**

- Staff can return to school when one of the two criteria are satisfied:
  - No symptoms after Day 10 (from date of last exposure)
  - Return to school if symptom free and have a Negative Test after Day 5

**Unvaccinated staff (or vaccination status unknown) who was previously diagnosed with symptomatic or asymptomatic, lab-confirmed COVID-19 was exposed\* to someone with COVID:  
Quarantine at Home**

- Staff who were previously diagnosed with symptomatic or asymptomatic, lab-confirmed COVID-19, do not need to be quarantined if the exposure was within 90 days of previous COVID-19 infection and they remain asymptomatic. Testing is recommended on day 5, antigen preferred.