



K-12 School COVID-19 Isolation Requirements

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

1. Start isolating yourself right away.

- Stay home except to get medical care.
- Stay home for 5 days and isolate from others in your home (stay in a separate room, use separate bathroom if possible, etc.).
- Parents, please contact your child's school.

2. Think of the people you were around 2 days before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine recommendations.

3. On Day 5, do you have no symptoms or are your symptoms resolving?

- If yes, you can return to normal activities on day 6 while wearing a well-fitting mask through day 10.
- If no, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. If your symptoms are not resolving or are worsening, seek medical care.
- If you have access to a rapid antigen test, testing is recommended on day 6. This sample should only be collected if you are fever free for 24 hours and other symptoms have improved. If negative, end isolation and wear a well fitted mask for days 6-10. If positive, continue isolating through day 10.
- Individuals returning on day 6-10 after a positive test should adequately distance from others when eating.

"Resolving symptoms" means your symptoms have gotten noticeably better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

ISOLATION FOR STUDENT OR STAFF: IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. Day 0	Day 1	Day 2	Day 3	Day 4	If you have no symptoms or if symptoms are resolving, this could be last day of isolation. Day 5	Normal activities can resume on day 6 if no symptoms or symptoms are resolving. Testing is recommended. Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	Must wear a well-fitting mask through day 10.	



[Check here for mask recommendation](#)



LENAWEE COUNTY
HEALTH DEPARTMENT

Last updated 2/24/2022. Information is subject to change at any time.

See more about what to do if you're sick or exposed at

www.lenaweehealthdepartment.org



K-12 School COVID-19 Quarantine Recommendations

WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

If you do not have symptoms of COVID-19 and...

- a. Are a K-12 Student aged 5-17 who has received a primary series of COVID-19 vaccine OR
- b. Are a Student or Staff 18 years or older who has received all recommended COVID-19 vaccine doses, including boosters and additional primary shots for some immunocompromised people OR
- c. Are a Student or Staff who has received a positive COVID-19 test result in the last 90 days

Then it is recommended that you...

- Monitor for symptoms of COVID-19 for 10 days.
- Wear a well-fitting mask while indoors for 10 days.
- Get tested (PCR or rapid antigen) on day 6, if possible. If positive, follow isolation requirements.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

If you do not have symptoms of COVID-19 and...

- a. Are unvaccinated or not fully vaccinated, OR
- b. Are 18+ and received your 2nd dose of Pfizer or Moderna vaccine more than 5 months ago and have not gotten a booster, OR
- c. Are 18+ and received your initial dose of Johnson & Johnson vaccine more than 2 months ago and have not gotten a booster:

Then it is recommended that you...

- Monitor for symptoms of COVID-19 for 10 days, wear a well-fitting mask while indoors for 10 days, and test every other day for 6 days after exposure. OR
- Quarantine at home for 5 days and mask for days 6-10 or quarantine at home for 10 days if unwilling or unable to wear a mask or test.
- Household contacts of a known COVID-19 positive case are strongly recommended to quarantine at home for 5 days and test on day 6. If negative, return to school masked through day 10. If positive, follow isolation requirements.

*If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

* This graphic applies to 5-17 year olds that are not fully vaccinated, 18 and older and who have not received all recommended doses of vaccines or individuals that have not had a positive test for COVID-19 in the past 90 days.

QUARANTINE FOR STAFF OR STUDENT: IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19 IN A SCHOOL SETTING OR OUTSIDE OF A SCHOOL ASSOCIATED SETTING						
SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Quarantine or testing is recommended.		Get tested on this day if possible.		Get tested on this day if possible.		Get tested on this day if possible.
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Day 7	Day 8	Day 9	Day 10	Day 11	If tests are negative, normal activities can continue with recommended well-fitting mask use through day 10. If positive, follow isolation requirements.	



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See more about what to do if you're sick or exposed at

www.lenawehealthdepartment.org



K-12 School COVID-19 Isolation Requirements and Quarantine Recommendations

General Principles for Parents:

- a. Encourage parents/guardians to keep children home when sick.
- b. If the student tests positive for COVID-19, isolate at home following CDC, MDHHS, and LCHD requirements.
- c. Report the student's positive test to the school.
- d. If your child is a close contact (less than 6 feet for 15 minutes or more over a 24-hour period) and they are not vaccinated or have not tested positive for COVID-19 in the past 90 days, it is recommended that they monitor for symptoms, test every other day for 6 days, mask when indoors for 10 days, or quarantine at home (days 1-5, mask days 6-10) or quarantine at home (days 1-10).
- e. If your child is unwilling or unable to test every other day or wear a mask after exposure, it is not recommended that they participate in extracurricular activities until day 11.
- f. If your child is a household contact of a known COVID-19 positive case, LCHD strongly recommends quarantining at home for 5 days and testing on day 6. If negative, return to school masked through day 10.

General Principles for Schools:

- a. If the school becomes aware of a COVID-19 positive individual, identify students/staff that may have been exposed to COVID-19.
- b. Notify identified staff and the parents/guardians of identified students that may have been exposed to COVID-19 in a classroom or school-associated setting.
- c. Schools with capacity to notify staff and parents/guardians regarding a potential exposure to a COVID-19 positive individual and inform them of the LCHD quarantine recommendations, will no longer need to provide close contact information to the LCHD.
- d. Schools should maintain seating charts and roster information used to determine close contacts, as it may be requested by the LCHD to investigate potential clusters or outbreaks.
- e. If students are unwilling or unable to test every other day or mask after exposure, it is not recommended that they participate in extracurricular activities until day 11.

Additional recommendations from the Lenawee County Health Department:

- a. If you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing quarantine for a full 10 days. If doing this, day 11 would be when you are done with quarantine.
- b. For the full 10 days after last exposure, avoid people who are immunocompromised or at high risk for severe disease, nursing homes, or other high-risk settings.
- c. Those with chronic illnesses or who are immunocompromised are at higher risk for negative outcomes from COVID-19 and would benefit the most from masking in indoor settings.
- d. Monitor for symptoms, such as fever, cough, shortness of breath, or other COVID-19 symptoms, during days 1-10 after exposure. If symptoms develop get tested.



Definitions

Isolation	Separates a person known or reasonably believed to be sick with COVID-19 and infectious, from others who are not infected. Individuals who are COVID-19 positive must isolate.
Quarantine	Staying home after exposure to someone who has been diagnosed with COVID-19. An individual who has been infected with the virus that causes COVID-19 may not show symptoms for up to 14 days. Some individuals may never show symptoms but are COVID-19 positive and can still spread the virus.
Fully Vaccinated	Is 5-17 years old and has completed a primary COVID-19 vaccination series more than 2 weeks ago (Pfizer) <ul style="list-style-type: none">• A primary vaccination series is 2 doses of either Pfizer or Moderna
Up-to-date on Vaccination	<ul style="list-style-type: none">• Is 18+ years old and has completed a primary COVID-19 vaccination series within 5 months (Pfizer or Moderna) or within 2 months (J&J) <u>OR</u>• Is 18+ years old and has received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people• The CDC recommends that individuals stay up to date by receiving any additional doses they are eligible for to ensure they have the optimal protection against COVID-19.
Not-Fully Vaccinated	<ul style="list-style-type: none">• Is 5-17 years old and has not completed a COVID-19 vaccination series of Pfizer (only received one dose)• Is 18+ years old and has been vaccinated more than 5 months ago (Pfizer or Moderna) or more than 2 months ago (J&J) without receiving a booster dose• Completed a COVID-19 vaccination series less than 2 weeks ago
Unvaccinated	Someone who has not received a COVID-19 vaccine.
Close Contact	Someone who was less than 6 feet away from the infected person for a cumulative total of 15 minutes or more over a 24-hour period.
Improving Symptoms	Symptoms such as cough, runny nose, and congestion have gotten noticeably better. No fever for at least 24 hours without the use of fever-reducing medication. Some symptoms like fatigue, loss of taste and smell may last for a longer period of time.



Mask Recommendations

What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

Some Protection

Most Protection



No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks

(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

¿Qué mascarilla debo usar?

Además de vacunarse y reforzarse, los expertos médicos le recomiendan mejorar su mascarilla si desea protección óptima.

Ninguna protección

Alguna protección

La máxima protección



Sin mascarilla o uso incorrecto

- La máscara debe cubrir la nariz y la boca y ajustarse bien a la cara sin dejar espacios
- No utilice máscaras que estén húmedas, sucias o dañadas
- No utilice mascarillas con válvulas de exhalación porque permiten la salida de partículas de virus

Mascarillas de tela

- Lavables y reutilizables. Se lavan las mascarillas por lo menos cada día o cuando se ensucien
- Varias capas de tejido transpirable

Mascarillas quirúrgicas

- Desechable y de un solo uso
- Varias capas de tejido transpirable
- Proporciona protección contra las gotas grandes

Mascarillas de alta filtración

(Respiradores - N95, KN95, KF94)

- Varía según el tipo de máscara, pero es reutilizable hasta 5 veces el cuidado apropiado
- Filtra hasta el 95% de las partículas del aire
- Se ajusta bien a la cara cuando se coloca correctamente (un poco de vello facial puede interferir con este sellado)
- Diseñadas y reguladas para cumplir las normas internacionales. Consulte las listas de fabricantes de confianza de los CDC y del Proyecto N95 para evitar las mascarillas falsificadas.



Si no tiene acceso a una máscara respiratoria de alta filtración, use dos máscaras. Las máscaras de una sola capa, como las bandanas y las polainas, son menos efectivas, así que use una máscara de tela con múltiples capas o use una máscara de tela sobre una máscara quirúrgica. Asegúrese de que la mascarilla se ajusta correctamente: los alambres de la nariz mejoran el ajuste.