

## California Department of Public Health Guidelines for Staying Home and/or Quarantine

### **Recommendations for staying home when sick and getting tested:**

Students, teachers, and staff who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and be referred to their healthcare provider for testing and care. Staying home when sick with COVID-19 is essential to keep COVID-19 infections out of schools and prevent spread to others. It also is essential for people who are not fully vaccinated to quarantine after a recent exposure to someone with COVID-19. Staff and students with symptoms should not return to school until:

- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
- Other symptoms have improved; and
- They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.

### **Quarantine recommendations for vaccinated close contacts**

#### ***Fully vaccinated employee:***

- Fully vaccinated staff or student is not required to quarantine or test for COVID-19 if they are asymptomatic.
- If a fully vaccinated staff or student tests positive for COVID-19 and experiences and/or displays flu-like symptoms, they must follow isolation and/or exclusion procedures.

#### ***Quarantine recommendations for unvaccinated students for exposures when both parties were wearing a mask***

When both parties were wearing a mask in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school buses, including on buses operated by public and private school systems), unvaccinated students who are close contacts (more than 15 minutes over a 24-hour period within 0-6 feet indoors) may undergo a modified quarantine as follows. They may continue to attend school for in-person instruction if they:

- 1) Are asymptomatic
- 2) Continue to appropriately mask, as required
- 3) Undergo at least twice weekly testing during the 10-day quarantine; and
- 4) Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.

#### ***Quarantine recommendations for: unvaccinated close contacts who were not wearing masks or for whom the infected individual was not wearing a mask during the indoor exposure***

For these contacts, those who remain asymptomatic, meaning they have NOT had any symptoms, may discontinue self-quarantine under the following conditions:

- 1) Quarantine can end after Day 10 from the date of last exposure without testing; OR
- 2) Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative.

#### ***To discontinue quarantine before 14 days following last known exposure, asymptomatic close contacts must:***

- 1) Continue daily self-monitoring for symptoms through Day 14 from last known exposure; AND
- 2) Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds) through Day 14 from last known exposure.

If any symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested and contact their healthcare provider with any questions regarding their care.

### **Additional Information**

**K-12 School Guidance 2021-2022 Question & Answers.** <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Schools-FAQ.aspx>.

**CDPH COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year.**  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>.

**CDC What to do if a Student Becomes Sick or Reports a New COVID-19 Diagnosis at School.**  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/student-becomes-sick-diagnosis-flowchart.html>.