



Isolation and Exposure Guidance for K-12 Schools

Table 1. Isolation Protocol for K-12 School Settings

<p>Students and staff who test positive for COVID-19 or who have COVID-19 symptoms should isolate for 5 days, regardless of vaccination status.¹ Day 1 is the first full day after your symptoms started or your positive test specimen was collected.</p>	<p>Students and staff can return to school:</p> <p>On Day 6, if positive test and NO symptoms.</p> <ul style="list-style-type: none"> ● Wear a well-fitted mask around others indoors from day 6 to day 10 after completing home isolation. <p>On Day 6, if positive test and SYMPTOMS:</p> <ul style="list-style-type: none"> ● 24 hours with no fever (and no fever-reducing medications) and ● Symptoms are improving. ● Wear a well-fitted mask around others indoors from day 6 to day 10 of illness after completing home isolation. <p>If you have a fever or are not yet improving, remain in isolation until above are true.²</p>
<p>Students and staff who are sick with symptoms of COVID-19* but do not yet have test results, regardless of vaccination status.</p>	<p>Students and staff can return to school:</p> <p>After a negative test if</p> <ul style="list-style-type: none"> ● 24 hours with no fever (and no fever-reducing medications) and ● Symptoms are improving. <p>If you have a fever or are sick and your negative test was from a home test, continue to isolate and test again after 24 to 48 hours.</p>
<p>Additional Considerations for Student Athletes</p>	

¹ CDC's [Isolation and Precautions for People with COVID-19](#), updated May 11, 2022.

² If you have [moderate-to-severe COVID-19 illness or a weakened immune system](#), CDC recommends isolating through day 10 and consulting your healthcare provider.

Student athletes should return to sport when fever free for a minimum of 24 hours, symptom free, and in compliance with COVID-19 isolation and exposure guidance for schools. If there is a positive COVID-19 test, follow current recommendations from the American Academy of Pediatrics (AAP) regarding safe return to sports. Any symptoms during return to sport should be reported to the athletic trainer.

*Students and staff who have chronic symptoms due to a medical etiology (e.g., allergies, asthma) and no known exposure to COVID-19 do not need to isolate unless they develop new or worsening symptoms or test positive for COVID-19.

Table 2: Exposure to a Person with COVID-19 Protocol for K-12 School Settings

Students and staff who have been exposed to a person with COVID-19, regardless of vaccination status. Day 1 is the first full day after exposure to a person with COVID-19.	Students and staff can return to school:
	<p>Immediately if there are NO symptoms.</p> <ul style="list-style-type: none"> ● Wear a well-fitted mask indoors for 10 full days. <p>Watch for symptoms.</p> <ul style="list-style-type: none"> ● If symptoms start, isolate immediately. ● Test and stay home until you know the result. ● If positive, follow isolation protocol. <p>Test on <u>Day 6</u> even if there are no symptoms.</p> <ul style="list-style-type: none"> ● If positive, follow isolation protocol. ● If negative, continue to wear a mask indoors through day 10. ● COVID-19 can develop up to 10 days after exposure.
Students and staff who tested positive for COVID-19 within 30 days or less ³	Students and staff can return to school:
	<p>Immediately if there are NO symptoms. Testing is <u>not</u> recommended if you have <u>no</u> symptoms.</p>

³ [CDC's COVID-19 Testing: What You Need to Know](#), updated May 11, 2023