**Landaff Blue School 2022-2023**

**Isolation and Quarantine Guidance**

08/11/22- CDC updates [Isolation and Quarantine Guidance for K-12 Schools](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html).

08/12/22- [NHDHHS](https://www.covid19.nh.gov/sites/g/files/ehbemt481/files/documents/2022-08/covid-19-update64.pdf) adopts CDC’s updated Isolation and Quarantine Guidance.

**ISOLATION**

Any person who tests positive for Covid-19 or who has [symptoms](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) of Covid-19 while awaiting testing (regardless of vaccination status, previous infection, or without symptoms).

**ACTION:**

* Stay home and away from others (including people in your household) for **5 days**.
* If symptomatic and awaiting test results, stay home and away from others. If positive test result, isolate for 5 days. If you get a negative test result you may return to school.
* Wear your mask through day 10 OR If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

*(Day 0 is your first day of a positive viral test. Day 1 is the first full day after your positive viral test.)*

**Isolation can end after day 5 if all if the following criteria are met:**

* The person is fever-free (off fever-reducing medications) with other symptoms improving for at least 24 hours.
  + **If fever is present in the prior 24 hours, or if other symptoms are not improving, then the person should CONTINUE TO ISOLATE until fever-free and symptoms are improving for at least 24 hours.**

\*After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

**QUARANTINE**

Any person who has been exposed to Covid-19 and are at risk for developing infection.

* All guidance has been removed for any exposure including those individuals who are household contacts regardless of vaccination status. No quarantine for exposure.
* The recommendation is now for individuals who are exposed to wear a mask and test on day 5.

\*The CDC and NHDHHS recommends all individuals to stay [“up to date”](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html) with all Covid-19 vaccinations (including booster doses).

**\*If a student or staff member has new or unexplained symptoms of Covid-19 and/or illness, please STAY HOME until asymptomatic\***