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## ISOLATION AND QUARANTINE PERIODS

The New York State Department of Health has aligned recommendations regarding *isolating and quarantining* with the CDC's most recent recommendations for school settings. Schenectady County Public Health Services has updated their recommendations to reflect these most recent changes which apply to a person who is exposed to COVID-19 or tests positive. **The change reflects shortening the recommended time for isolation when people are asymptomatic, or symptoms are resolving.**

### Isolation and Quarantine for individuals who tested positive for COVID-19:

- A person with COVID-19 should isolate for **5 days**.
  - Zero (0) is the first day of symptom onset. For example, a person has symptoms today, count today as day zero (0), the next day is day 1, then day 2 and so on. If symptoms started two days ago, but the individual tested positive today, the first day of symptoms (two days ago) is day zero (0).
  - If no symptoms but the individual tested positive, the day of the first positive test would be day zero (0).
- If asymptomatic at the end of 5 days, or symptoms are resolving, isolation ends. The individual must continue to wear a well-fitting mask all times, for an additional five days.
- Individuals who are moderately-severely immunocompromised should continue to follow standard [isolation guidance](#).

### If exposed to COVID-19, quarantine as follows where day zero (0) is the last date of exposure:

- **If not fully**, quarantine for 5 days and wear a well-fitting mask around others for an additional 5 days.
- **If fully vaccinated**, no quarantine is required but should wear a well-fitting mask while around others for 10 days after the last date of exposure.
- If possible, COVID test at day 5.
- If symptoms appear, quarantine, and seek testing. Quarantine would end if a negative test is produced. If testing is not done, isolate according to above.

## COVID-19 TESTING TO RETURN TO SCHOOL FOLLOWING SYMPTOMS

If a student develops COVID-19 symptoms and has no known exposure, they can return to school activities with a lab negative NAAT, lab antigen test, or **two** negative over the counter (OTC) rapid antigen tests taken 36 hours apart.

**Over the Counter (OTC) Rapid Tests are allowed for the purpose of return to school after COVID-19 symptoms.** The following applies:

- Two negative OTC rapid tests are required for a return to school. They must be taken 36 hours apart.
- Parents must sign attestation form upon completion of testing. The form is provided by the school.

Any student who is sent home from school with symptoms will be provided with a home test kit that includes two tests. Use of the home testing kits is voluntary.

### Testing to return to school with COVID-like symptoms is allowable only for those students who:

- ARE fully vaccinated either with or without a known exposure.
- NOT fully vaccinated without known exposure.

In addition to a negative lab NAAT, lab antigen test or two negative OTC antigen tests, symptomatic students must be well enough to participate in school, not have a runny nose or cough severe enough to make mask-wearing difficult or unhygienic. Students must also be fever-free for 24 hours with uses of fever-reducing medications