



JANUARY 11 2022

We recently received updated guidance from Schenectady County Public Health regarding essential workers which includes all school employees. Under the guidance, the amount of time that employees are required to isolate and quarantine after testing positive for COVID-19 or for those who have symptoms, may be reduced. The guidelines vary depending on whether you are fully vaccinated or not. Please read carefully.

FULLY VACCINATED EMPLOYEES

If You Test Positive

If you are fully vaccinated and test positive for COVID-19, you should do the following:

- Isolate for 5 days.
 - Zero (0) is the first day that you had symptoms. For example, if you experienced your first symptoms today, count today as day zero (0), tomorrow day 1, then day 2 and so on. If symptoms started two days ago, but you tested positive today, the first day of your symptoms would count as day zero (0).
 - If you did not have any symptoms but tested positive, the day you took the first positive test would be day zero (0).
- If you are asymptomatic at the end of 5 days, or symptoms are resolving, isolation ends. You must continue to wear a well-fitting mask, at all times, for an additional 5 days.
- Individuals who are moderately-severely compromised should continue to follow standard [isolation guidance](#).

If You are Exposed to a Person Who Tested Positive

If you are fully vaccinated and boosted (with the booster at least 2 weeks before the first date of exposure) or not yet eligible for a booster, and have been exposed to a person who tested positive, **quarantine is not required**. You should do the following:

- Wear a well-fitting mask while around others for 10 days after the last date of exposure.
- If possible, COVID test at day 5.
- Monitor yourself for symptoms.
- If symptoms appear, quarantine, and seek testing. Quarantine would end if a negative test is produced. If testing is not done, isolate for 5 days according to above (as if you are positive).

If you are fully vaccinated and eligible for a booster but not yet boosted, you may continue to attend work/school, but must adhere to 5-day quarantine at home. You should also do the following:

- Wear a well-fitting mask while around others for 10 days after the last date of exposure.
- If possible, COVID test at day 5.
- Monitor yourself for symptoms.
- If symptoms appear, quarantine, and seek testing. Quarantine would end if a negative test is produced. If testing is not done, isolate for 5 days according to above (as if you are positive).



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NOT FULLY VACCINATED EMPLOYEES

If You Test Positive

If you are not fully vaccinated and test positive for COVID-19, you should do the following:

- Isolate for 5 days.
 - Zero (0) is the first day that you had symptoms. For example, if you experienced your first symptoms today, count today as day zero (0), tomorrow day 1, then day 2 and so on. If symptoms started two days ago, but you tested positive today, the first day of your symptoms would count as day zero (0).
 - If you did not have any symptoms but tested positive, the day you took the first positive test would be day zero (0).
- If you are asymptomatic at the end of 5 days, or symptoms are resolving, isolation ends. You must continue to wear a well-fitting mask at all times, for an additional 5 days.
- Individuals who are moderately-severely immunocompromised should continue to follow standard isolation guidance.

If You are Exposed to a Person Who Tested Positive

If you are not fully vaccinated and have been exposed to a person who tested positive, you should do the following:

- Quarantine for 5 days where zero (0) is the last day of exposure.
- If possible, COVID test on day 5.
- Wear a well-fitting mask around others for an additional 5 days following quarantine.
- Monitor yourself for symptoms. If symptoms appear, quarantine, and seek testing. Quarantine would end when a negative test is produced. If testing is not done, isolate for 5 days according to above (as if you are positive).

***** SUBJECT TO CHANGE AT ANY TIME *****



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If You Have COVID-19 Symptoms

Regardless of vaccination status, if you have COVID-19 symptoms, **without a known exposure**, you can return to work following a lab negative NAAT, lab antigen test (rapid test performed in a health setting or pharmacy), or two negative over the counter (OTC) rapid antigen tests taken 36 hours apart.

You must be well enough to work, not have a runny nose or cough severe enough to make mask-wearing difficult. You must also be fever-free for 24 hours without the use of fever-reducing medication.

If you have a known exposure and are unvaccinated, returning to work with COVID-like symptoms is not allowable.

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