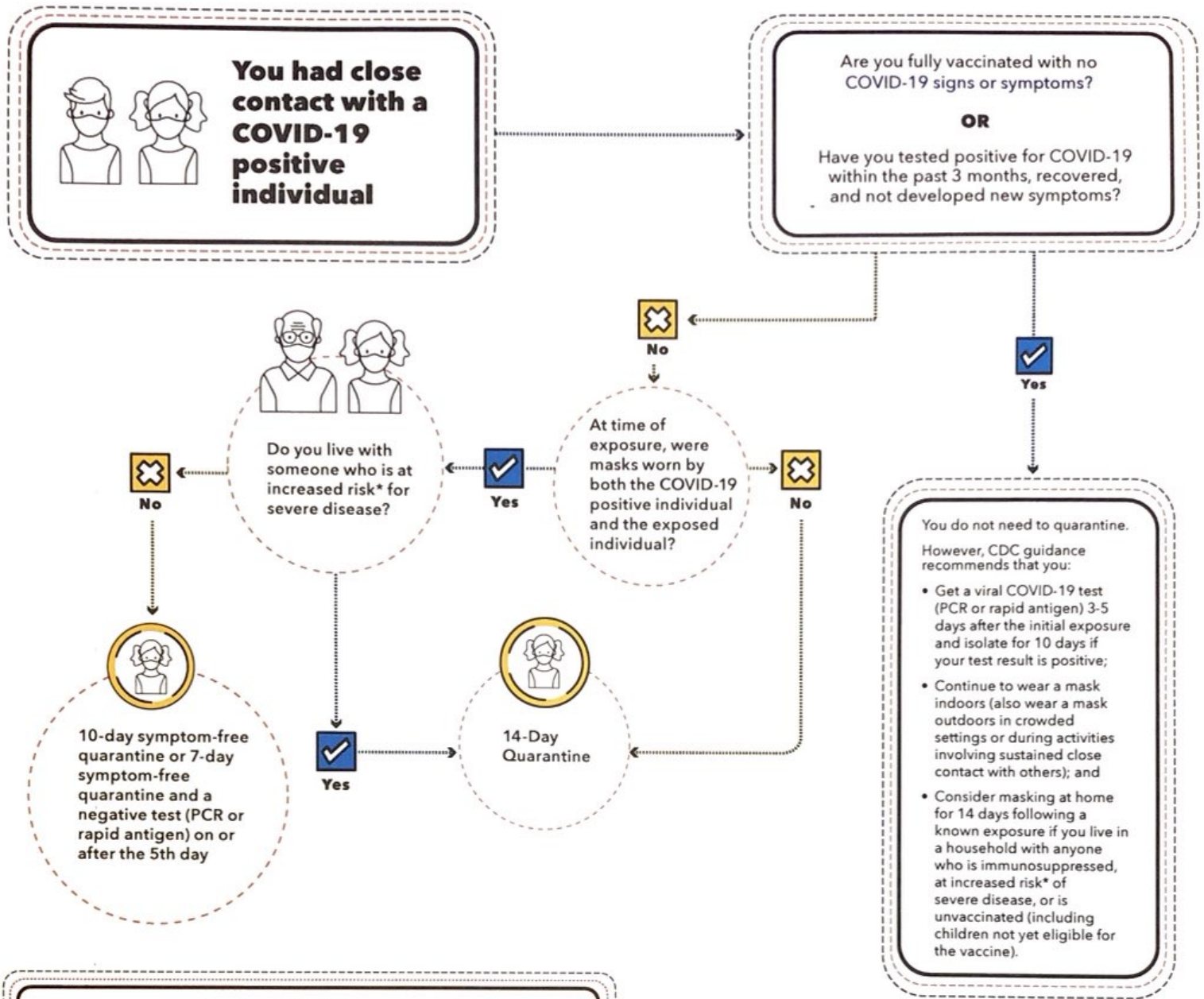


How Long To Quarantine

Information for Pre-K through 12th Grade Schools



Note

If at any time you develop COVID-like symptoms, follow isolation guidance and go get tested.

* Individuals With Increased Risk

- Persons > 65 years of age
- Persons with underlying conditions:
 - Cancer
 - Chronic kidney disease
 - Heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Chronic Obstructive Pulmonary Disease (COPD)
 - Obesity (body mass index [BMI] of 30 kg/m² or higher but <40 kg/m²)
 - Severe obesity (BMI >40 kg/m²)
 - Pregnancy
 - Sickle cell disease
 - Smoking
 - Type II diabetes mellitus

People who test positive for COVID-19 (with a PCR or rapid antigen test) must isolate.

Those with symptoms should self-isolate for:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving**

Those who test positive but have no symptoms must stay home until at least 10 days after the day they were tested.

**Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.



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Guidelines are subject to change.