

ISOLATION & QUARANTINE GUIDANCE:

New Timeline for COVID Positive & COVID Exposure (1/7/22)

The CDC, New York State DOH, and the local departments of health provided new guidance for individuals who have either tested positive for COVID-19 or who have been identified as a close contact of a COVID positive individual. This new guidance and timeline is effective immediately.

Individuals who test positive for COVID-19:

- must isolate for 5 days
- if symptomatic, individuals must be fever-free for 24 hours without the use of fever-reducing medication
- with symptoms improving, individual may return to school/work on day 6*

*Day 0 is the first day of symptom onset. If asymptomatic, day 0 is the day of the collection of the first positive specimen

Regardless of vaccination status, individuals who have tested positive for COVID-19, must wear a well-fitting mask for days 6-10, maintain appropriate social distancing in all areas, including when eating and drinking and may be provided an alternate seating accommodation.

Individuals exposed to COVID-19 who are fully vaccinated, *regardless of booster status, OR who have had COVID-19 in the last 90 days:

- do not have to quarantine if no symptoms are present
- if fully vaccinated and symptoms appear, the individual must complete the return to school/work protocol:
 - Negative PCR test result OR
 - At least 5 days have passed since the onset of COVID-19 symptoms OR
 - Doctor's note confirming an alternative condition & COVID -19 is not suspected
- if you had COVID-19 in the last 90 days, do not test and consultation with your physician is recommended

*Fully vaccinated is defined as 2 weeks after the receipt of either 2 doses of the Pfizer or Moderna vaccine or 1 dose of the Johnson & Johnson vaccine or the full course of any other recognized vaccine.

Individuals exposed to COVID-19 who are not fully vaccinated:

- must quarantine for 5 days
- If symptoms appear, the individual must complete the return to school/work protocol:
 - Negative PCR test result OR
 - At least 5 days have passed since the onset of COVID-19 symptoms OR
 - Doctor's notes confirming an alternative condition & COVID -19 is not suspected
- if no symptoms, the individual may return to school/work on day 6

Regardless of vaccination status, individuals who have been exposed to COVID-19, must wear a well-fitting mask for days 6-10, maintain appropriate social distancing in all areas including when eating and drinking.

At Home Testing:

If at home testing is performed, please note the following details:

- at home positive tests should be reported to the ECDOH (erie.gov/hometestreport)
- students should stay home whether they are symptomatic or asymptomatic
- at home negative tests CANNOT be used to return to school following illness (PCR tests required)