






## COVID-19 Illness and Quarantine Guidelines

In all cases please notify Health Services immediately at [Victoria-Flores@scusd.edu](mailto:Victoria-Flores@scusd.edu); [Lisa-Musser@scusd.edu](mailto:Lisa-Musser@scusd.edu); [Paula-Kuhlman@scusd.edu](mailto:Paula-Kuhlman@scusd.edu)

PERSON A	PERSON B	PERSON C	PERSON D
 <p><b>Any person who has tested positive for COVID-19 or told by a healthcare provider that they have COVID-19.</b></p> <p><b>With symptoms:</b> Isolation until the following requirements have been met:</p> <ul style="list-style-type: none"> <li>✓ 10 days since symptoms first appeared <b>and</b></li> <li>✓ 24 hours (1 day) with no fever (without the use of fever-reducing medicine) <b>and</b></li> <li>✓ <u>Symptoms</u> have improved</li> </ul> <p><b>Without symptoms (Asymptomatic):</b></p> <ul style="list-style-type: none"> <li>✓ Isolate for 10 days from test date</li> </ul>	 <p><b>Any person who lives in the same household with Person A</b></p> <p><b>NO symptoms:</b></p> <ul style="list-style-type: none"> <li>✓ Quarantine immediately</li> <li>✓ Quarantine while <b>Person A</b> is ill and isolated</li> <li>✓ Quarantine an additional 14 days after <b>Person A</b> has recovered and been released</li> <li>✓ Quarantine can last up to 20 days or longer</li> </ul>	 <p><b>Any person with close contact to Person A (&lt;6 feet, &gt;15 min in 24 hrs )</b></p> <p><b>Quarantine for 14 days following date of last exposure</b></p> <ul style="list-style-type: none"> <li>✓ Test for Covid-19 on day 5-7</li> <li>✓ Can return if test negative</li> <li>✓ Monitor self for symptoms, take temperature twice a day</li> <li>✓ Notify Primary Care Provider if symptoms develop</li> <li>✓ Notify Health Services if symptoms develop or test results are positive</li> </ul>	 <p><b>Any person who has had exposure to Person B or C</b></p> <p><b>NO QUARANTINE OR ACTION REQUIRED unless:</b> <b>Person B</b> develops symptoms OR tests positive and <b>Person D</b> had contact with within 14 days <b>then:</b></p> <ul style="list-style-type: none"> <li>✓ contact Primary Care Provider to see about testing</li> <li>✓ Contact Health Services with questions regarding timing and exposure and determine if need to quarantine</li> </ul>
 <h3>Recovered and Released</h3>			
<p><b>Definitions:</b></p> <p><b>Isolation</b> separates infected people with a contagious disease from people who are not sick.</p> <p><b>Quarantine</b> separates and restricts the movement of people who were exposed to a contagious disease in case they become infected.</p> <p><b>Close Contact</b> defined as anyone who was within 6 feet of an infected person for at least 15 minutes while they are infectious (starting from 48 hours before the person began feeling sick and 10 days after)</p>			

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