### COVID-19 Illness and Quarantine Guidelines

**PERSON A**
- Any person who has tested positive for COVID-19 or told by a healthcare provider that they have COVID-19.

**With symptoms:**
- Isolation until the following requirements have been met:
  - ✔ 10 days since symptoms first appeared and
  - ✔ 24 hours (1 day) with no fever (without the use of fever-reducing medicine) and
  - ✔ Symptoms have improved

**Without symptoms (Asymptomatic):**
- ✔ Isolate for 10 days from test date

**PERSON B**
- Any person who lives in the same household with Person A

**NO symptoms:**
- ✔ Quarantine immediately
- ✔ Quarantine while Person A is ill and isolated
- ✔ Quarantine an additional 14 days after Person A has recovered and been released
- ✔ Quarantine can last up to 20 days or longer

**PERSON C**
- Any person with close contact to Person A (<6 feet, >15 min in 24 hrs)

**Quarantine for 14 days following date of last exposure**
- ✔ Test for Covid-19 on day 5-7
- ✔ Can return if test negative
- ✔ Monitor self for symptoms, take temperature twice a day
- ✔ Notify Primary Care Provider if symptoms develop
- ✔ Notify Health Services if symptoms develop or test results are positive

**PERSON D**
- Any person who has had exposure to Person B or C

**NO QUARANTINE OR ACTION REQUIRED unless:**
- Person B develops symptoms OR tests positive and Person D had contact with within 14 days then:
  - ✔ contact Primary Care Provider to see about testing
  - ✔ Contact Health Services with questions regarding timing and exposure and determine if need to quarantine

**Definitions:**
- **Isolation** separates infected people with a contagious disease from people who are not sick.
- **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease in case they become infected.
- **Close Contact** 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)

**Recovered and Released**

In all cases please notify Health Services immediately at Victoria-Flores@scusd.edu;Lisa-Musser@scusd.edu;Paula-Kuhlman@scusd.edu

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