

## *Basic Isolation and Quarantine Guidance for Families, Students and Staff*

Get the most up-to-date protocols by clicking [here](#).

### **Frequently Asked Questions about Isolation and Quarantine Guidance**

If you test positive for COVID-19, stay home and notify your school office.

#### **Tested Positive for COVID?**

If you test positive for COVID-19, notify your school office. You must stay home and isolate for at least 5 days from the date tested positive.

#### **Students Only**

If a student tests positive they must stay at home for 5 days. Isolation can end after Day 5 if symptoms are resolved AND a antigen/rapid test collected anytime during Day 5-10 is negative. With a negative test and symptoms resolved, the earliest the student may return is Day 6. Once the result is negative, student may return the following day. Consistent use of a well fitted face mask while indoors at school is expected through Day 10.

Students may return on Day 11, regardless of test results or if unable to test, as long as symptoms are resolved.

For reference, Day 0 is the day you were tested or the first day symptoms started and Day 1 is the first full day after you tested or after symptoms started.

#### **Staff Only**

Per Cal/OSHA requirements, when staff test positive for Covid they may end isolation and return to school if symptoms resolve AND an antigen/rapid test collected on or after Day 5 is negative. With a negative test and symptoms resolved, the earliest staff may return is Day 6. Staff may only test once, either on or after day 5. Do not retest. Consistent use of a well-fitted face mask while indoors at school is **expected** through **Day 10**.

If staff test positive on/after Day 5 or you do not test, they may return on Day 11. Do not take another test after the test on/after Day 5. In fact, do not test again for 90 days unless you have symptoms.

For reference, Day 0 is the day you were tested or the first day symptoms started and Day 1 is the first full day after you tested or after symptoms started.



### **Were You Identified as a Close Contact or Were Exposed to Someone Who Has COVID?**

Students and staff regardless of vaccination status may continue to attend school/work as long as they do not develop symptoms of illness. Exposed individuals are recommended to test for COVID-19 3-5 days after the exposure. Consistent use of a well-fitted face mask while at school is **strongly recommended** through **Day 10** after the last day of exposure.

### **GENERAL ILLNESS REQUIREMENTS**

*Students and staff with symptoms of illness must stay home and test for COVID-19 (regardless of vaccination status).*

- If the test is negative, they may return, if at least 24 hours have passed since fever and symptoms have improved significantly.
- If the test is positive, stay home and contact your supervisor or principal. Principal/supervisor must report immediately to Health Services at (Covidreport@scusd.edu) for contact tracing.
- All SCUSD staff, students and household members may access free COVID-19 testing at Serna Center from 8:00am-2:30pm or at Albert Einstein Middle School from 4:00-7:00pm or at 2401 Florin Road 10:00-6:00. To minimize exposure on our school campuses, School Site Care Room Testing is for on-site students and staff only. Sick students and staff may not come onto the school site.
- You can find guidance about taking care of yourself and others while isolating [here](#).
- Wearing a good fitting mask is strongly recommended whenever you are around others outside your household and when at school or work, ensuring that your nose and mouth are covered.

### **COVID-19 Helpline**

Are you an SCUSD student, staff or family member that has tested positive or been exposed to someone testing positive, and have questions about isolation or quarantine? We now have a COVID-19 Helpline to help answer your questions.

Trained Contact Tracing Nurses are available Monday -Friday (when school is in session).

Call or Text: (916) 559-0951

