

COVID-19 Illness and Quarantine Guidelines

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

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 24 days or longer

PERSON C

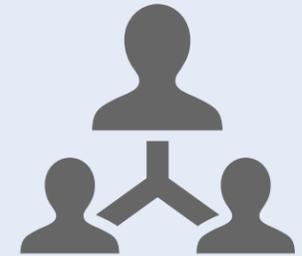


Any person with close contact to Person A (<6 feet, >15 min in 24 hrs)

Quarantine for 10 days following date of last exposure

- ✓ Test for Covid-19 on day 5-7
- ✓ 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



Recovered and Released

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)