

OPTIONS FOR SHORTENED STRICT CLOSE CONTACT QUARANTINE

[The CDC continues to endorse a full 14 day quarantine.](#)

However the following shortened quarantine options are available if all the criteria are met.

ALL QUARANTINE BEGINS WITH THE LAST EXPOSURE TO THE POSITIVE PERSON.

OPTIONS	CRITERIA	ACTIVE MONITORING
<p>7 Days of Strict Quarantine</p> <p>NO SYMPTOMS</p>	<p>Release on Day 8 after last exposure IF:</p> <ul style="list-style-type: none"> • A PCR test taken on Day 5 or later is negative AND • You have not experienced any symptoms from Day 0 to Day 8 AND • You continue active monitoring through Day 14. 	<p>Active monitoring for symptoms and daily temperature is required throughout quarantine IF even mild symptoms or temperature of 100.0F or higher develop at anytime, immediately self-isolate and contact your school nurse, public health nurse or healthcare provider AND get tested</p>
<p>10 Days of Strict Quarantine</p> <p>NO SYMPTOMS</p>	<p>Release on Day 11 after last exposure IF:</p> <ul style="list-style-type: none"> • You have not experienced any symptoms from Day 0 to Day 11 AND • You continue active monitoring through Day 14. <p>No testing is necessary unless you become symptomatic</p>	<p>Remember that COVID-19 symptoms can be as mild as a little nasal stuffiness or a headache.</p>
<p>14 Days of Strict Quarantine</p>	<p>THIS IS THE ONLY QUARANTINE OPTION IF:</p> <ul style="list-style-type: none"> • You have experienced ANY symptoms during the quarantine period EVEN if you have a negative COVID-19 test OR • You are unwilling or unable to conduct active monitoring 	<p>Active monitoring for symptoms and daily temperature is required throughout quarantine</p>
<p>IF A HOUSEHOLD MEMBER TESTS POSITIVE</p>	<p>QUARANTINE for 14 days from the last exposure to the positive household member.</p> <p>If asymptomatic - quarantine for 14 days from last exposure to positive household member -test anytime between Day 5 and Day 7</p> <p>If symptomatic - get tested and if negative continue quarantine for 14 days from last exposure; if positive begin isolation for 10 days (from the onset of symptoms)</p>	<p>Active monitoring for symptoms and daily temperature required throughout quarantine</p>

- If you have tested positive for COVID-19 in the past 90 days, you do NOT need to test and you do NOT need to quarantine unless you are symptomatic, then you must follow all testing and quarantine guidelines.
- If you are fully vaccinated (2 weeks after the last dose of vaccine series) you do NOT need to test or quarantine unless you are symptomatic, then you must follow all testing and quarantine guidelines.