

If you are sick - please stay home. Even if it isn't COVID - we cannot be passing any viruses around. It's the same rules that applied pre-COVID.

When to Isolate for COVID-19

- **If you test POSITIVE:**
- Stay home for at least 5 days and isolate yourself from others in your home. You are likely most infectious during these first 5 days.

- **If you have symptoms:**
 - Day 0 is the day you became symptomatic
 - Day 1 is the first full day following the first day of symptoms
 - Day 6 is when you can return to work/school

- **If you have NO symptoms:**
 - Day 0 is the day you were tested
 - Day 1 is the first full day following the day you were tested
 - If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset

Ending Isolation

- You may end isolation after day 5 if:
 - You are fever-free for 24 hours (without the use of fever-reducing medication)
 - Your symptoms are improving
 - If you still have fever or your other symptoms have not improved, continue to isolate until they improve.

Removing Your Mask

After you have ended isolation and feeling better

Students and staff are expected to wear your mask through day 10.

After Being Exposed to COVID-19

Quarantine is no longer recommended for people who are exposed to COVID-19. People who were exposed to COVID-19 should follow [recommendations](#) to wear a well-fitting mask and get tested.

Watch for Symptoms

- Fever (100.4°F or greater)
- Cough
- Shortness of breath
- Runny nose
- Vomiting/Diarrhea

Get Tested

- Get tested at least 5 full days after your last exposure unless you develop symptoms sooner
- Test on day 5 even if you don't develop symptoms.
- If you test **negative**, continue with precautions until day 10.
- If you test **positive**, Isolate immediately