Updated January 7, 2022

CDPHE COVID 19 Guidelines

Quarantine:

People who **don't need to quarantine after exposure** include:

- People aged 18 or older who have received all recommended vaccine doses, including third doses and additional primary shots for some immunocompromised people.
- People aged 5-17 years who have completed the primary series of COVID-19 vaccines.
- People who have tested positive for COVID-19 (with a viral test, not an antibody test) within the past 90 days.

If you were exposed but you don't need to be quarantined, you should still wear a well-fitted mask around others for 10 days and avoid high risk people and settings. Get tested five days after exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms in the 10 days after exposure, get tested immediately and start isolating.

People who **need to quarantine after exposure** include:

- People who are not vaccinated
- People who have not completed a primary COVID-19 vaccine series. A primary series means two doses of Pfizer or Moderna, or one dose of Johnson & Johnson. For some immunocompromised people, a primary series may include three doses.
- People age 18 or older who have completed a primary vaccine series, but have not received a third (booster) dose and are eligible for one.

If you need to quarantine, you should stay home for five days after you were exposed to COVID-19. Your first day of quarantine is the first full day following your exposure. Wear a well-fitted mask around others in your home if you aren't able to remain completely separate during quarantine. You should wear a well-fitted mask around other people at home and in public for five more days after that. If you can't quarantine, you'll have to wear a well-fitted mask around others for 10 days after exposure. People who are unable to wear a mask around others, including children under the age of 2 years and people of any age with certain disabilities, should quarantine for a full 10 days.

Get tested on day five after your exposure. Watch yourself for symptoms for 10 days after exposure. If you start to feel symptoms, get tested immediately and start isolating. Avoid contact with people who are at high risk and high risk settings for at least 10 days after exposure. Do not go to places where you are unable to wear a mask. Avoid eating around others at home and at work for at least 10 days after exposure.

Symptoms of COVID-19 may be mild and feel like a common cold, especially early on. Symptoms can include fever or chills, cough, shortness of breath or difficulty breathing, tiredness, soreness, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Isolation:

If you have tested positive for COVID-19, you should isolate. If you have symptoms of COVID-19 and are waiting for your test results, or you have symptoms and have not been tested yet, you should also isolate. Isolation means staying at home and away from other people until you are likely no longer contagious. If you have any of these symptoms or you have tested positive, **you should isolate, even if you are vaccinated.**

How long should I isolate?

It depends on how you are feeling. For some people, isolation should last five full days, followed by five more days of precautions.

- You can stop isolating after five full days if:
- You tested positive, but don't have any symptoms.
- You had mild symptoms, you are starting to feel better, and you don't have a fever.

Your first day of isolation is the first full day after you started feeling symptoms or tested positive.

- If you stop isolating after five days, you should continue taking precautions for five more days.
- Wear a well fitted mask around other people, both in your home and in public. Do not go to places where you are unable to wear a mask.
- Avoid eating and drinking around other people.
- Avoid contact with people who are at high risk for getting very sick from COVID-19.
- Avoid travel.

People who are unable to wear a mask around others, including children under the age of 2 years and people of any age with certain disabilities, should isolate for a full 10 days even if they are asymptomatic or have mild symptoms.

If you still have a fever after five days or your symptoms haven't improved, you should isolate until:

- You have had no fever for at least 24 hours (without using medicine that reduces fevers) AND

- Other symptoms have improved (for example, your cough or headache are starting to get better). If you have lost your sense of taste or smell, you may not get it back for weeks after you have started to feel better. You don't need to wait for your taste or smell to come back before you can stop isolating.

If you didn't have any symptoms when you tested positive, but you started to feel symptoms AFTER your test, you should continue to isolate for at least five full days after your symptoms start. Day zero is the day your symptoms start, even if you were previously isolating because of a positive test. You can stop isolating when at least five full days have passed since you first felt mild symptoms, you don't have a fever, and you are starting to feel better.

REMINDER

Sargent School has voluntary weekly COVID testing in place for all staff and students through NOVIR. Testing takes place Monday mornings or in the case of an exposure.
Register at http://Trackbynovir.com.

Organization codes are:
    High school C7664
    Junior high C7668
    Elementary C7660