



## COVID Guidelines for C.O.O.R. ISD Staff and Students

Updated 10/3/22

**Quarantining Definition:** You quarantine when you might have been exposed to COVID-19. This is because you might become infected with COVID-19 and could spread COVID-19 to others.

**Isolation Definition:** You isolate when you are already infected with COVID-19 and have tested positive, even if you do not have symptoms. Isolation is used to separate people who are infected with COVID-19 from those who are not infected.

**Close Contacts at School:** (both vaccinated and unvaccinated individuals):

1. May remain in school/work but it is recommended to wear a mask for 10 days after the exposure.
2. Those who are a close contact must monitor for symptoms and isolate immediately if symptoms appear.

Note: C.O.O.R. ISD will still quarantine if needed.

**Household Close Contact:**

1. Household positives will need to be dealt with in a case-by-case scenario. Depending on the level of exposure and the ability to isolate from the positive person. **Please contact your principal or supervisor for guidance.**

**COVID Positive:**

**Student:** Isolate (at home) for 5 days from onset of symptoms or positive test if asymptomatic. *To clarify: day zero is the first day of symptoms starting or a positive test, day one will be the following day.*

**Staff:** Staff must isolate for five days, day one begins the day after symptoms or a positive test. *To clarify: day zero is the first day of symptoms starting or a positive test, day one will be the following day.*

**After day 5: Everyone  
If they had symptoms:**

Isolation can end after 5 full days if they have been fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved. (Loss of

taste and smell may not get better for weeks or months and need not delay the end of isolation.) In other words, the isolated individual can leave the house on day 6.

If they continue to have a fever or their symptoms have not improved after 5 days, they should stay in isolation until they are fever-free for 24 hours without the use of fever-reducing medication and their other symptoms have improved.

**If they never had symptoms:**

The individual can end isolation after 5 full days. In other words, they can leave the house on day 6 but must be masked through day 10. If they do develop symptoms after testing positive, the 5-day isolation period should start over with day 0 being the day symptoms started.

They should continue to wear a well-fitting mask around others at home and in public for 5 additional days (day 6 through day 10) after the end of their 5-day isolation.

**If a student/staff chooses not to test or wear a mask, they must quarantine 10 days out of school.**

All of the above guidelines are subject to change as CDC or Health Department Guidelines change.