

Somerset Independent Schools

As of 1/10/2022, quarantine and isolation will follow updated guidance from the CDC. We ask that parents please contact the school principal or front office, as soon as possible, if a student tests positive for COVID. Also, please have students who show symptoms of COVID tested to help prevent the spread of this disease.

Quarantine and Isolation Procedures
[\(https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html\)](https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html)

Calculating Quarantine: Day 1 is the first full day after your last contact with a person who has COVID-19.			
<p>If you were EXPOSED to COVID-19 & are NOT up-to-date on COVID-19 vaccinations</p>	<p>Quarantine for at least 5 days</p> <p>Stay home Stay home and <u>quarantine</u> for at least 5 full days. Wear a well-fitted mask if you must be around others in your home.</p> <p style="text-align: center;">-OR-</p> <p>Test to Stay Option</p> <p><i>If you have NO symptoms</i> and choose to participate in the district's test to stay program, test each morning for five (5) consecutive school days. If the test is negative, you may participate in school activities. These individuals should wear a mask for 10 days as well.</p>	<p>After quarantine</p> <p>Watch for symptoms Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms <u>Isolate</u> immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask <u>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.</u></p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
<p>If you were EXPOSED to COVID-19 and ARE up-to-date with vaccination OR had a confirmed COVID-19 test within the past 90 days</p> <p><small>[If you have been boosted, or completed series of Pfizer or Moderna vaccine within the last 6 months, or completed J&J vaccine within the last 2 months]</small></p>	<p>No quarantine</p> <p><u>You do not need to stay home unless you develop symptoms.</u></p>	<p>Watch for symptoms</p> <p>Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p>If you develop symptoms</p> <p><u>Isolate</u> immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.</p>	<p>Take precautions until day 10</p> <p>Wear a mask <u>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.</u></p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>
Calculating Isolation: Day 1 is the first full day after your symptoms developed or your test specimen was collected.			
<p>If you TESTED POSITIVE for COVID-19 or have symptoms, regardless of vaccination status</p>	<p>Stay home for at least 5 days</p> <p><u>Stay home for 5 days and isolate from others in your home.</u> Wear a well-fitted mask if you must be around others in your home.</p>	<p>Ending isolation if you had symptoms <u>End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</u></p> <p>Ending isolation if you did NOT have symptoms <u>End isolation after at least 5 full days after your positive test.</u></p> <p>If symptoms persist You should isolate for at least 10 days. <u>Consult your doctor before ending isolation.</u></p>	<p>Take precautions until day 10</p> <p>Wear a mask <u>Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public.</u> Do not go to places where you are unable to wear a mask.</p> <p>Avoid travel</p> <p>Avoid being around people who are at high risk</p>