

**Aquinas Catholic Schools updated COVID Isolation and Quarantine Guidelines     January 15, 2022**

<p><b>IF YOU</b>  <b>Tested positive for COVID-19 or have symptoms, regardless of vaccination status</b></p>	<p><b>STUDENT MUST STAY HOME for at least 5 days:</b></p> <p><b>Stay home for 5 days</b> and <u>isolate</u> from others in your home.</p> <p><b>Wear a well-fitted mask</b> if you must be around others in your home.</p>	<p><b>STUDENT CAN RETURN TO SCHOOL after 5 days:</b></p> <p><b>If you had symptoms</b>  <u>End isolation after 5 full days</u> if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.</p> <p><b>If you did NOT have symptoms</b>  <u>End isolation after at least 5 full days</u> after your positive test.</p> <p><b>If you were severely ill with COVID-19</b>          You should isolate for at least 10 days.</p>	<p><b>RETURN TO SCHOOL GUIDELINES:</b></p> <p><b>A student MUST wear a mask at school</b> at all time for 5 full days.</p>
<p><b>IF YOU</b>  <b>Were exposed to COVID-19 and are NOT <u>up-to-date</u> on COVID-19 vaccinations</b></p>	<p><b>STUDENT MUST STAY HOME for at least 5 days:</b></p> <p><b>Stay home and <u>quarantine</u> for at least 5 full days.</b></p> <p><b>Wear a well-fitted mask</b> if you must be around others in your home.</p> <p><b>Get tested</b>          Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>STUDENT CAN RETURN TO SCHOOL after 5 days:</b></p> <p><b>Must have a negative COVID test</b> (an at-home test is not accepted).</p> <p><b>Watch for symptoms</b>          Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b>  <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><b>RETURN TO SCHOOL GUIDELINES:</b></p> <p><b>A student MUST wear a mask at school</b> at all time for 5 full days.</p>

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<p><b>IF YOU</b>  <b>Were exposed to COVID-19 and are <u>up-to-date</u> on COVID-19 vaccinations</b></p>	<p><b>STUDENT CAN REMAIN IN SCHOOL:</b></p> <p><b>No quarantine</b>          You do not need to stay home <b>unless</b> you develop symptoms.</p> <p><b>Get tested</b>          Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.</p>	<p><b>STUDENT CAN REMAIN IN SCHOOL:</b></p> <p><b>Watch for symptoms</b>          Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b>  <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><b>REMAINING IN SCHOOL GUIDELINES:</b></p> <p><b>Student must wear a mask</b> at all times for 10 full days.</p>
<p><b>IF YOU</b>  <b>were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)</b></p>	<p><b>STUDENT CAN REMAIN IN SCHOOL:</b></p> <p><b>No quarantine</b>          You do not need to stay home <b>unless</b> you develop symptoms.</p>	<p><b>STUDENT CAN REMAIN IN SCHOOL:</b></p> <p><b>Watch for symptoms</b>          Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.</p> <p><b>If you develop symptoms</b>  <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><b>REMAINING IN SCHOOL GUIDELINES:</b></p> <p><b>Student must wear a mask</b> at all times for 10 full days.</p>

**Calculating Quarantine**

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

**Calculating Isolation**

Day 0 is your first day of symptoms or a positive viral test. **Day 1 is the first full day after your symptoms developed or your test specimen was collected.** If you have COVID-19 or have symptoms, isolate for at least 5 days.

**RESOURCE:** <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#quarantine>