

### Current COVID Guidelines

	Fully Vaccinated	Had Confirmed Case of Covid w/in 90 days	Unvaccinated/Not Fully Vaccinated
<b>Quarantine if Considered a Close Contact/Exposed</b>	<ul style="list-style-type: none"> <li>● May attend school unless symptoms develop.</li> <li>● Watch for symptoms</li> <li>● Recommend test on Day 5 (School will test)</li> <li>● If symptoms develop, isolate immediately and get tested</li> </ul>	<ul style="list-style-type: none"> <li>● May attend school unless symptoms develop.</li> <li>● Watch for symptoms</li> <li>● Recommend test on Day 5 (School will test)</li> <li>● If symptoms develop, isolate immediately and get tested</li> </ul>	<ul style="list-style-type: none"> <li>● Stay home and quarantine for at least 5 full days (Day 0 is the day of last close contact)</li> <li>● Get tested on Day 5 (School will test) Can return with negative test on Day 6</li> </ul>
<b>Test to Stay</b>	N/A	N/A	<ul style="list-style-type: none"> <li>● Parent can bring test to school before school starts every day on Days 1-4 to test student on site. Student can stay with negative test result.</li> <li>● School will provide test on Day 5</li> </ul>
<b>Positive Case</b>	<ul style="list-style-type: none"> <li>● Stay home for at least 5 days (Day 0 is day of onset of symptoms OR day of positive test)</li> <li>● Test on Day 5, if test is negative, return to school on Day 6</li> </ul>	<ul style="list-style-type: none"> <li>● Stay home for at least 5 days (Day 0 is day of onset of symptoms OR day of positive test)</li> <li>● Test on Day 5, if test is negative, return to school on Day 6</li> </ul>	<ul style="list-style-type: none"> <li>● Stay home for at least 5 days (Day 0 is day of onset of symptoms OR day of positive test)</li> <li>● Test on Day 5, if test is negative, return to school on Day 6</li> </ul>

## CDC Guidance

### Quarantine Guidance:

- If you had close contact with someone with COVID-19 and you are in one of the following groups, you do not need to quarantine.
  - You are up to date with your COVID-19 vaccines.
  - You had confirmed COVID-19 within the last 90 days (meaning you tested positive using a viral test).
- You should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0). Get tested at least 5 days after you last had close contact with someone with COVID-19. If you test positive or develop COVID-19 symptoms, isolate from other people and follow recommendations in the Isolation section below. If you tested positive for COVID-19 with a viral test within the previous 90 days and subsequently recovered and remain without COVID-19 symptoms, you do not need to quarantine or get tested after close contact. You should wear a well-fitting mask around others for 10 days from the date of your last close contact with someone with COVID-19 (the date of last close contact is considered day 0).

### What to do for quarantine

- Stay home and away from other people for at least 5 days (day 0 through day 5) after your last contact with a person who has COVID-19. The date of your exposure is considered day 0. Wear a [well-fitting mask](#) when around others at home, if possible.
- For 10 days after your last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other [COVID-19 symptoms](#).
- If you develop symptoms, [get tested](#) immediately and isolate until you receive your test results. If you test positive, follow [isolation](#) recommendations.
- If you do not develop symptoms, [get tested](#) at least 5 days after you last had close contact with someone with COVID-19.
  - If you test negative, you can leave your home, but continue to wear a [well-fitting mask](#) when around others at home and in public until 10 days after your last close contact with someone with COVID-19.
  - If you test positive, you should isolate for at least 5 days from the date of your positive test (if you do not have symptoms). If you do develop [COVID-19 symptoms](#), isolate for at least 5 days from the date your symptoms began (the date the symptoms started is day 0). Follow recommendations in the [isolation](#) section below.
  - If you are unable to get a test 5 days after last close contact with someone with COVID-19, you can leave your home after day 5 if you have been without [COVID-19 symptoms](#) throughout the 5-day period. Wear a [well-fitting mask](#) for 10 days after your date of last close contact when around others at home and in public.
  - Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19, as well as others outside your home throughout the full 10 days after your last close contact with someone with COVID-19.
- If you are unable to quarantine, you should wear a [well-fitting mask](#) for 10 days when around others at home and in public.
- If you are unable to wear a mask when around others, you should continue to quarantine for 10 days. Avoid people who are [immunocompromised or at high risk for severe disease](#), and nursing homes and other high-risk settings, until after at least 10 days.

- Do not travel during your 5-day quarantine period. Get tested at least 5 days after your last close contact and make sure your test result is negative and you remain without symptoms before traveling. If you don't get tested, delay travel until 10 days after your last close contact with a person with COVID-19. If you must travel before the 10 days are completed, wear a [well-fitting mask](#) when you are around others for the entire duration of travel during the 10 days. If you are unable to wear a mask, you should not travel during the 10 days.
- Do not go to places where you are unable to wear a mask, such as restaurants and some gyms, and avoid eating around others at home and at work until after 10 days after your last close contact with someone with COVID-19.

## 4J Info to Parents

### Up-to-Date Vaccinations

**People who are fully vaccinated and up to date *do not* need to quarantine** if they are exposed to COVID-19, as long as they have not tested positive for COVID and do not have symptoms. This is also the case for a person who has recently had a documented case of COVID, with the first positive test within the past 90 days.

**A person who is not fully vaccinated and up to date** is considered to be susceptible to COVID-19 and **must quarantine if exposed** to the virus.

Students under age 18 are considered to be fully vaccinated and up to date if they have had the primary shot series. The Pfizer vaccine booster is also available and recommended for students age 12+, but is not required to be fully vaccinated. Students and staff 18 years and older are considered to be fully vaccinated and up to date if they have had the primary vaccination series and a booster.

[CDC: Stay Up to Date With Your Vaccines](#)

### Isolation & Quarantine

Oregon has updated its guidance to reflect the [CDC's shortened period of 5 days](#) for isolation (for a person with COVID) and quarantine (for a person exposed to COVID).

Staff and students with COVID may return after 5 days of isolation, if they have been fever-free without medication for 24 hours and other symptoms are resolving.

Staff and students who are exposed to COVID and are not fully vaccinated and up to date may return after 5 days of quarantine, if they have been symptom-free and are not positive for COVID. Testing is recommended after 5 days and before returning.

Those returning after a 5-day isolation or quarantine period must continue to wear a well-fitting mask for an additional 5 days where masking would otherwise be optional, such as recess and athletics.