



K-12 School COVID-19 Isolation Requirements

WHAT TO DO IF YOU TEST POSITIVE FOR COVID-19

1. Start isolating yourself right away.

- Stay home except to get medical care
- Stay home for 5 days and isolate from others in your home (stay in a separate room, use separate bathroom if possible, etc.)
- Parents, please contact your child's school

2. Think of the people you were around 2 days before you developed symptoms or tested positive (whichever came first).

- Tell them you tested positive so they can follow quarantine recommendations.

3. On Day 5, do you have no symptoms or are your symptoms resolving?

- If yes, you can return to normal activities on day 6 while wearing a well-fitting mask through day 10.
 - Continue to monitor for symptoms through day 10. If symptoms develop, stay home.
- If no, you should wait to end your isolation until you are fever-free for 24 hours without the use of fever-reducing medication and your other symptoms have improved. If your symptoms are not resolving or are worsening, seek medical care.

"Resolving symptoms" means your symptoms have gotten noticeably better.

Some symptoms (like fatigue and loss of smell) may last a longer time. If you have questions, please call your medical provider to discuss.

ISOLATION FOR STUDENT OR STAFF: IF YOU TEST POSITIVE

SUN	MON	TUE	WED	THU	FRI	SAT
You get a positive test result or start having COVID symptoms. Start isolation. Day 0	Day 1	Day 2	Day 3	Day 4	If you have no symptoms or if symptoms are resolving, this could be last day of isolation. Day 5	Normal activities can resume on day 6 if no symptoms or symptoms are resolving. Testing is recommended. Day 6
Day 7	Day 8	Day 9	Day 10	Can remove mask indoors. Day 11	Must wear a well-fitting mask through day 10.	



[Check here for mask recommendation](#)



LENAWEE COUNTY
HEALTH DEPARTMENT

Last updated 3/15/2022. Information is subject to change at any time.

See more about what to do if you're sick or exposed at

www.lenaweehealthdepartment.org



K-12 School COVID-19 Quarantine Recommendations

WHAT TO DO IF YOU'RE EXPOSED TO SOMEONE WITH COVID-19

If you were exposed to a personal/household contact*:

- a. Conduct symptom monitoring for 10 days; and
- b. Test at least one time if possible 3-7 days after exposure and if symptoms develop; and
- c. Wear a well-fitting mask for 10 days from the date of last exposure to protect others; and
- d. Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals** for 10 days from the date of last exposure

If a mask cannot be worn, individual should quarantine at home for 10 days. A Test to Stay protocol may also be utilized.

If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

If you were exposed to another type of contact (community, social, work, or school setting):

- a. Conduct symptom monitoring for 10 days; and
- b. Test if symptoms develop; and
- c. Consider wearing a well-fitting mask around others for 10 days from the date of last exposure to protect others.

At a minimum, wear a mask in settings with higher risk of exposing vulnerable individuals**

If you develop symptoms, avoid others and get tested (PCR or rapid antigen). If positive, follow isolation requirements. If negative, stay home until symptoms have improved.

**Personal/Household contacts include individuals you share living spaces with, including bedrooms, bathrooms, living rooms and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...) This would include exposure in a childcare setting for those under 2 years of age.*

***Activities with higher risk of exposing vulnerable individuals may include activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregational settings.*

Information in this version of the **School Isolation and Quarantine Protocol (3/14/22)** comes from [MDHHS' latest update](#).

EXAMPLE OF QUARANTINE FOR STAFF OR STUDENT: IF YOU'RE EXPOSED TO A PERSONAL/HOUSEHOLD CONTACT

SUN	MON	TUE	WED	THU	FRI	SAT
You're exposed. Monitor for symptoms. Day 0	Wear a mask to protect others. Day 1	Day 2	Day 3	Day 4	Day 5	Get tested on this day if possible. Day 6
Day 7	Day 8	Day 9	Day 10	No longer have to monitor for symptoms. Can stop wearing a mask. Day 11	If you get tested and are positive, follow isolation requirements.	



K-12 School COVID-19 Isolation Requirements and Quarantine Recommendations

General Principles for Parents:

- a. Encourage parents/guardians to keep children home when sick.
- b. If the student tests positive for COVID-19, isolate at home following CDC, MDHHS, and LCHD requirements.
- c. Report the student's positive test to the school.
- d. If your child is unwilling or unable to mask or quarantine, it is not recommended that they participate in extracurricular activities until 11 days after exposure.

General Principles for Schools:

- a. If the school becomes aware of a COVID-19 positive individual, identify students/staff that may have been exposed to COVID-19.
- b. Notify identified staff and the parents/guardians of identified students that may have been exposed to COVID-19 in a classroom or school-associated setting.
- c. Schools with capacity to notify staff and parents/guardians regarding a potential exposure to a COVID-19 positive individual and inform them of the LCHD quarantine recommendations, will no longer need to provide close contact information to the LCHD.
- d. Schools should maintain seating charts and roster information used to determine close contacts, as it may be requested by the LCHD to investigate potential clusters or outbreaks.
- e. If students are unwilling or unable to mask or quarantine, it is not recommended that they participate in extracurricular activities until 11 days after exposure.
- f. Schools may continue to implement Test to Stay strategies or make testing available for students and staff as a part of quarantine recommendations.

Additional recommendations from the Lenawee County Health Department:

- a. If you're often around vulnerable populations (e.g., immunocompromised or elderly people), consider continuing quarantine for a full 10 days. If doing this, day 11 would be when you are done with quarantine.
- b. For the full 10 days after last exposure, avoid people who are immunocompromised or at high risk for severe disease, nursing homes, or other high-risk settings.
- c. Those with chronic illnesses or who are immunocompromised are at higher risk for negative outcomes from COVID-19 and would benefit the most from masking in indoor settings
- d. Monitor for symptoms, such as fever, cough, shortness of breath, or other COVID-19 symptoms, during days 1-10 after exposure. If symptoms develop get tested.



Definitions and Acronyms

Isolation	Separates a person known or reasonably believed to be sick with COVID-19 and infectious, from others who are not infected. Individuals who are COVID-19 positive must isolate.
Quarantine	Staying home after exposure to someone who has been diagnosed with COVID-19. An individual who has been infected with the virus that causes COVID-19 may not show symptoms for up to 14 days. Some individuals may never show symptoms but are COVID-19 positive and can still spread the virus.
Close Contact	Someone who was less than 6 feet away from the infected person for a cumulative total of 15 minutes or more over a 24-hour period.
Improving Symptoms	Symptoms such as cough, runny nose, and congestion have gotten noticeably better. No fever for at least 24 hours without the use of fever-reducing medication. Some symptoms like fatigue, loss of taste and smell may last for a longer period of time.
Personal/Household Contacts	Individuals you share living spaces with, including bedrooms, bathrooms, living rooms and kitchens. It also includes those who live together, sleep over, carpool or have direct exposure to respiratory secretions from a positive individual (e.g. kissing, sharing drinks, changing diapers, etc...) This would include exposure in a childcare setting for those under 2 years of age.
Activities with Higher Risk of Exposing Vulnerable Individuals	Activities where you cannot mask, interactions with those who are immunocompromised or other high-risk individuals, and social/recreational activities in congregational settings.
CDC	Center for Disease Control
MDHHS	Michigan Department of Health and Human Services
LCHD	Lenawee County Health Department



Mask Recommendations

What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection

Some Protection

Most Protection



No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks

(Respirators - N95, KN95, KF94)

- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks



If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

¿Qué mascarilla debo usar?

Además de vacunarse y reforzarse, los expertos médicos le recomiendan mejorar su mascarilla si desea protección óptima.

Ninguna protección

Alguna protección

La máxima protección



Sin mascarilla o uso incorrecto

- La máscara debe cubrir la nariz y la boca y ajustarse bien a la cara sin dejar espacios
- No utilice máscaras que estén húmedas, sucias o dañadas
- No utilice mascarillas con válvulas de exhalación porque permiten la salida de partículas de virus

Mascarillas de tela

- Lavables y reutilizables. Se lavan las mascarillas por lo menos cada día o cuando se ensucien
- Varias capas de tejido transpirable

Mascarillas quirúrgicas

- Desechable y de un solo uso
- Varias capas de tejido transpirable
- Proporciona protección contra las gotas grandes

Mascarillas de alta filtración

(Respiradores - N95, KN95, KF94)

- Varía según el tipo de máscara, pero es reutilizable hasta 5 veces el cuidado apropiado
- Filtra hasta el 95% de las partículas del aire
- Se ajusta bien a la cara cuando se coloca correctamente (un poco de vello facial puede interferir con este sellado)
- Diseñadas y reguladas para cumplir las normas internacionales. Consulte las listas de fabricantes de confianza de los CDC y del Proyecto N95 para evitar las mascarillas falsificadas.



Si no tiene acceso a una máscara respiratoria de alta filtración, use dos máscaras. Las máscaras de una sola capa, como las bandanas y las polainas, son menos efectivas, así que use una máscara de tela con múltiples capas o use una máscara de tela sobre una máscara quirúrgica. Asegúrese de que la mascarilla se ajusta correctamente: los alambres de la nariz mejoran el ajuste.