



COVID-19 QUARANTINE and TESTING RECOMMENDATIONS*

For Persons Living, Learning, or Working in DuPage County

**STAY SAFE
DUPAGE**



IDEAL: 14-Day Quarantine - Not Fully Vaccinated

Test **immediately** after being identified as a close contact; if negative, **test again in 5-7 days** after last exposure or **immediately if symptoms develop** during quarantine.

MINIMUM: 10-Day Quarantine - Not Fully Vaccinated

Test **immediately** after being identified as a close contact; if negative, **test again in 5-7 days** after last exposure or **immediately if symptoms develop** during quarantine.

NO QUARANTINE: Fully Vaccinated & No Symptoms

Test **3-5 days** after exposure to someone with suspected or confirmed COVID-19, or **immediately if symptoms develop**.

DAY 0

DAY 5

DAY 10

DAY 14

All close contacts (regardless of vaccination status) should continue to monitor for symptoms through day 14.

If symptoms develop, get tested and contact your healthcare provider. If an individual tests positive at any point, they should isolate for 10 days except for medical care.

NOTE: People who have tested positive for current COVID-19 infection within the past 3 months and recovered, as long as they monitor symptoms daily for 14 days and do not develop new symptoms, **do not need to get tested and do NOT need to quarantine.**

*Complete recommendations are available at: www.dupagehealth.org/quarantine-testing-9-15-2021

Home Quarantine Guidance

Home Quarantine Guidance for Close Contacts to Coronavirus Disease 2019 (COVID-19) Cases

These quarantine instructions are for people who live in the same household or have had close contact with someone with Coronavirus Disease 2019, COVID-19. Cases, or people with COVID-19, can be contagious 48 hours before they have symptoms, when they have symptoms, or even if they are not showing symptoms.

“Close contact” with a case is defined as living in the same house as a case, being an intimate partner of a case, being a caregiver of a case, or being within 6 feet of a case for longer than 15 minutes. (This definition has additional clarification for healthcare workers; contact your employer if you are a healthcare worker who may have been exposed at work.) Since you are a close contact of a case, please follow these steps to help prevent COVID-19 from spreading in your home or in your community.

Home Quarantine – Why am I being asked to do it?

You are being asked to quarantine because you have been exposed to a person with COVID-19. Quarantine helps prevent the spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms.

It can take 2-14 days to show symptoms, so you may not know for up to 14 days if you are infected or not. You have been asked to self-quarantine in case you are infected so that you do not pass on the infection to anyone else. It may turn out that you are not infected but it is too soon to tell.

How long do I need to self-quarantine?

Since it can take 2-14 days to show symptoms, your last day of quarantine is 14 days from when you were last in contact with the person with COVID-19.

If you continue to live with and/or care for the person with COVID-19, the quarantine guidance is as follows:

- If there is close contact with a person with COVID-19 (being within 6 feet for more than 15 minutes or touching body fluids or secretions without using the appropriate precautions), the 14-day quarantine period will have to restart. Body fluids or secretions include sweat, saliva, sputum, nasal mucus, vomit, urine or diarrhea.

- If you are unable to avoid close contact, you should stay in quarantine until day 14 from when the person with COVID-19 became eligible to be “cleared” from their own isolation.
- If you do seek testing, a negative test result within the 14-day period does not mean that you cannot become positive later. You must stay in quarantine for the entire 14-day period.

What must I do if I am self-quarantining? What are the restrictions?

You must restrict activities and limit all movements that may put you in contact with others during the quarantine period.

- Stay home. Do not go to work, school, or public areas.
- Do not use public transportation, ride shares or taxis.
- Do not allow visitors into your home.
- Separate yourself from others in your home.
- Stay in a specific room and away from other people in your home as much as possible. It is very important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years and older, pregnant, or have a health problem such as a diabetes, high blood pressure, chronic disease or a weak immune system. Consider different living arrangements for these high-risk people if possible.
- Wear a cloth face covering if you must go around others in the home.
- Use a separate bathroom, if available.
- Try to stay at least 6 feet away from others.
- Do not prepare or serve food to others.
- Avoid caring for children if possible.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds.
- Cover your coughs and sneezes with a tissue.
- Avoid sharing household items.
- Clean and disinfect all “high-touch” surfaces every day. High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tables, and bedside tables. Also, clean and disinfect any surfaces that may have body fluids on them. Follow label instructions for household cleaning and disinfectant sprays or wipes used to ensure effectiveness.

What if I develop symptoms?

If you develop symptoms, you may have COVID-19 and you should follow the Home Isolation Instructions. COVID-19 symptoms include cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat or loss of taste or smell. Call your medical provider about testing.

You will need to remain home for at least 10 days from the onset of symptoms; additionally, you must have been at least 24 hours with no fever (without using medication to reduce your temperature) and your respiratory symptoms are better. Some persons may need to isolate for a

longer period, an infectious disease physician will help determine if this needed. Follow the instructions for home isolation as listed above and available at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>

Monitor your symptoms closely and seek medical care early if symptoms become severe. If symptoms worsen or continue and you need to seek medical care, call your healthcare provider in advance, or 9-1-1 in an emergency, and let them know you are a close contact to a person with confirmed COVID-19. If you are able to tolerate the mask (i.e., if it doesn't cause more difficulty breathing), wear your cloth face covering or a mask provided by your provid

What happens if a student gets sick?

**CATHOLIC
SCHOOLS**

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Return to School Guidance



If a student is exhibiting one or more other COVID-19 symptoms...

...they should be immediately separated from others (ideally in a separate room with clear line-of-sight with a responsible employee). Students should never be left alone and must always be supervised while maintaining necessary precautions. Parents will be immediately contacted so the student may be taken home.

The student should see a doctor to assess symptoms and administer a COVID-19 test.

Parents should read the CDC guidance for caring for oneself and others.

If a student tests negative for COVID-19...

...the student may return to school when symptoms subside with a doctor's note confirming the negative COVID-19 diagnosis.

 *email results to fuller@ascacademy.org

If a student tests positive for COVID-19...

...or does not seek medical attention, students must isolate and not return to school until they have met the CDC's criteria to discontinue home isolation, which currently includes:

- 24 hours with no fever
- Other symptoms improved
- 10 days since symptoms first appeared

The principal will inform all parents, protecting the student's privacy.

The student's classroom/work area will be thoroughly cleaned and windows opened to maximize airflow. The principal will carefully monitor the health of students who are part of the infected individual's cohort. If a second student in the cohort/classroom is diagnosed with COVID-19 within 14 days, the entire cohort/classroom will quarantine and shift to distance learning.