



Quarantine Guidance

Updated: April 15, 2021

- Marin County has a County Risk Level of [Tier 3 / Orange](#).
- Families should follow California Department of Public Health (CDPH) guidance on [Gatherings](#) (updated April 15, 2021). Indoor gatherings are strongly discouraged.
- Families should follow current [CDPH Travel Advisory](#) (updated April 2, 2021)
 - Marin County students who travel out-of-state who are not fully vaccinated must quarantine for 10 days.
 - Quarantine may be discontinued after 7 days with a negative COVID-19 (molecular or antigen) test completed on Day 5 or later if they remain asymptomatic.
- Students who are **not** fully vaccinated *and* who have a known exposure to COVID-19 should self-quarantine for 10 days. Quarantine may be discontinued after 7 days with a negative COVID-19 test completed on Day 5 or later if they remain asymptomatic.
- Students who are fully vaccinated *and* who have a known exposure to COVID-19 do not need to quarantine. They should still monitor for [symptoms of COVID-19](#) for 14 days following an exposure. If they develop symptoms, they must stay at home, isolate and schedule a COVID-19 test.

How do I quarantine my child / children if they have been exposed to COVID-19?

A close contact is someone who was within 6 feet of an infected person for a total of 15 minutes or more over a 24-hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to testing positive for COVID-19).

- Students who are fully vaccinated do not need to [quarantine](#) or be tested following an exposure to someone with suspected or confirmed COVID-19, as their risk of infection is low. Fully vaccinated people who do not quarantine should still monitor for [symptoms of COVID-19](#) for 14 days following an exposure. If they develop symptoms, they must stay at home, isolate and schedule a COVID-19 test.
- Students who are **not** fully vaccinated must stay home unless they must leave for an essential medical appointment or emergency.
- Everyone in the household should increase [preventive actions](#).
- Do not allow any visitors into your home.
- Monitor your child / children's health starting from the last day they had contact with the COVID-19 positive person and continue for 14 days.
 - If they develop [any COVID-19 symptoms](#), contact their healthcare provider to schedule COVID-19 testing.
 - You should attempt to separate exposed child / children from other household members.
 - Try to [stay 6 feet away](#) from the child / children, if possible and if safe.
 - Parents / guardians should identify a lead caregiver for the exposed child / children. If your child / children becomes infected with COVID-19, follow Centers for Disease Control and Prevention (CDC) [guidance](#) and begin quarantine while providing care to your sick child / children.
- Make sure shared spaces have increased air flow (e.g., open windows).
- Exposed child / children should use a separate bedroom and bathroom, if possible. Exposed child / children should wear a face covering and maximize physical distancing.
- Exposed child / children should not share utensils, dishes, cups/glasses, bedding, towels, and other personal items.

- Wash hands frequently. All members of the household should avoid touching their faces, especially their eyes, with unwashed hands.
- Household members should clean all high-touch surfaces daily, such as counters, tables, doorknobs, bathrooms, phones and keyboards.

Cohort Closures

Marin County Public Health no longer recommends classroom closures if there is a confirmed case in the classroom. Schools should conduct contact tracing and identify close contacts.

- Close contacts who are **not** fully vaccinated should quarantine and separate from other siblings or household members. Non-exposed siblings and other household members can return to school.
 - Schedule COVID-19 test for exposed child / children on day 5 or later after last contact with positive case or sooner if they develop any COVID-19 symptoms.
- Close contacts who are fully vaccinated do not need to quarantine.
- If the exposed child / children develops any COVID-19 symptoms while under quarantine, contact the school immediately. Siblings and household members need to stay home (or will be sent home) until a negative COVID-19 test is confirmed.