

Quarantine Guidance for TK-12 Schools, Child Care, Youth Programs/Activities, and Household/Community Exposures

Current as of 10/7/2021

Definitions:

Positive person: Anyone who has tested positive for COVID-19 with either an antigen or PCR test within the past 10 days.

Close Contact: Anyone who was within 6 feet of a positive person for a cumulative 15 minutes over a 24 hour period during their infectious period.

Infectious period: 48 hours prior to and including the day symptoms began and 8-10 subsequent days. If the positive person has no symptoms, the infectious period is 48 hours prior to and including the day that the positive test was taken and 8-10 days afterwards.

Possible exposure: Individual was present near a positive person but was not confirmed as a close contact through contact investigation.

Quarantine: Unvaccinated students/staff must stay home and get tested for COVID-19 5 days after last contact with a positive case. If any symptoms develop, they must immediately self-isolate and get tested for COVID-19 or be evaluated by a healthcare provider. The student/staff may return to school/work on Day 8 after last exposure with a negative test (antigen or molecular) if they remain without symptoms. Students/staff in quarantine should continue to monitor symptoms for 14 days after the exposure. If there is ongoing exposure in the home and the positive case cannot isolate away from family members, unvaccinated students/staff may need to quarantine for an extended amount of time. Please consult with public health for more information.

Modified Quarantine: TK-12 school aged students may attend school, ride the bus, and attend before-/after-care programs for in-person instruction and child care as long as they do not develop symptoms, wear a mask, monitor for symptoms for 14 days and get tested for COVID-19 5 days after last contact with positive case (or return from out-of-state travel). If any symptoms develop, students should immediately self-isolate and get tested for COVID-19 or be evaluated by a healthcare provider. Modified Quarantine may be discontinued after 7 days with a negative test completed on Day 5 or later if they remain without symptoms. During modified quarantine students should refrain from socializing outside of school and going out in public.

Monitor: Monitor symptoms for 14 days; Test at Day 5 recommended. If any symptoms develop, immediately self-isolate and get tested for COVID-19 or be evaluated by a healthcare provider.

High-risk activities: Activities in which increased exhalation occurs, such as activities that involve singing, shouting, band, or exercise, especially when conducted *indoors*.

High-risk sports: basketball, boxing, field hockey, football, ice hockey, lacrosse, martial arts, rowing (non-singles), rugby, soccer, squash, volleyball, water polo, and wrestling.

Template Letters are a strongly recommended means of communicating with families/staff, but are not required.

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Exposure Type	Vaccination Status	Disposition	Notes
<p>Household/Community Exposures occurring in a home amongst members who live together (siblings, etc.) or exposures that did NOT occur in a supervised TK-12 school, before/after care program, or child care. See below for exposures in youth sports. Exposed person has been identified as a close contact by family, staff, coach and/or Contact Investigation team.</p>	<p>Unvaccinated</p>	<p>Quarantine</p>	<p>E.g., siblings, family members, close friends, carpools > 15 minutes, sleepovers, out of school gatherings (birthday parties)</p> <p>Close contacts must stay home and refrain from socializing or going out in public. If the positive case can isolate from others in their home (no contact or isolated in room with very limited masked contact), the exposed contact should test on Day 5 after last exposure to the positive person and return on Day 8 if the test is negative and contact is without symptoms, or on Day 11 with no test.</p> <p>If the positive case cannot isolate from others they live with, please contact the public health Schools Team for guidance. Send Template 3.3</p>
<p>Household/Community (see description above)</p>	<p>Vaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended</p>	<p>Confirm that positive cases can isolate from the people they live with. If the positive case cannot isolate from others, or there are multiple positive cases in the household, consult with public health.</p>
<p>Child Care Exposures occurring in a child care facility of any type serving children not in TK-12 schools. For before/after care classrooms in child care facilities also serving school-aged children, see guidance for TK-12 schools.</p>	<p>Unvaccinated</p>	<p>Quarantine</p>	<p>Exposed contacts must stay home and refrain from socializing or going out in public. Contacts should test on Day 5 after last exposure and can return on Day 8 with a negative test or Day 11 without a test.</p> <p>Send Template Letter 3.3 or 3.4 if facility is not able to collect tests from students and staff.</p>
<p>Child Care (see above description)</p>	<p>Vaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended</p>	<p>Send Exposure Notice (in development)</p>

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<p align="center">The guidance below this line is only for TK-12 schools and programs/activities serving TK-12 aged students and MCOE special education programs</p>			
<p>Possible exposure at <i>indoor</i> high-risk activity (see list below) [not a confirmed close contact] - Both positive and exposed person are masked</p>	<p>Unvaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended</p>	<p>Refrain from social gatherings/going out in public until negative test results are received.</p> <p>Send Template Letter 3.1</p>
<p>Possible exposure at <i>indoor</i> high-risk activity (see list on page 1) [not a confirmed close contact] - Unmasked</p>	<p>Unvaccinated</p>	<p>Modified Quarantine (before/after care allowed); Test at Day 5 required.</p>	<p>Cancel activities, can resume on Day 8 with negative test if no symptoms; Refrain from social gatherings/going out in public until negative test results are received.</p> <p>Send Template Letter 3.2</p>
<p>Possible exposure at <i>outdoor</i> high-risk activity (see list on page 1) [not a confirmed close contact] - Both positive and exposed person are masked</p>	<p>Unvaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended</p>	<p>Send Template Letter 3.1</p>
<p>Possible exposure at <i>outdoor</i> high-risk activity (see list on page 1) [not a confirmed close contact] - Unmasked</p>	<p>Unvaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended (Unless more than 1 case in group identified; then Modified Quarantine)</p>	<p>Test at day 5 recommended unless group placed on Modified Quarantine by Public Health; Cancel activity, resume on Day 8; Refrain from social gatherings/going out in public until negative test results are received.</p> <p>Send Template Letter 3.1 if no modified quarantine, Send Template 3.2 if modified quarantine</p>
<p>Possible Exposure at indoor or outdoor high risk activity (see list on page 1) [not a confirmed close contact] Masked or unmasked</p>	<p>Vaccinated</p>	<p>Monitor symptoms for 14 days; Test at Day 5 recommended</p>	<p>Send Exposure Notice (in development)</p>
<p>Confirmed close contact at a high-risk</p>	<p>Vaccinated</p>	<p>Monitor symptoms for</p>	<p>Send Exposure Notice (in development)</p>

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sports/music activity (see list on page 1). If contact was undetermined, see possible exposure protocol.		14 days; Test at Day 5 recommended	
Confirmed close contact at a high-risk sports/music activity (see list on page 1). If contact was undetermined, see possible exposure protocol.	Unvaccinated	Quarantine	Confirmed close contacts must stay home and refrain from socializing or going out in public. Contacts should test on Day 5 after last exposure and can return on Day 8 with a negative test or Day 11 without a test.
Confirmed close contact (determined using a seating chart) at indoor low-moderate risk activity (masked)	Unvaccinated	Modified Quarantine; Test at Day 5 required	E.g. TK-12 schools and classroom-based activities
Confirmed close contact (determined using a seating chart) at indoor low-moderate risk activity (masked)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	E.g. Close contact on a low risk sports team or outdoor activity Exposure Notice (in development)
Confirmed close contact at outdoor low-moderate risk activity (masked)	Unvaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Exposure Notice (in development)
Confirmed close contact at outdoor low-moderate risk activity (masked)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Exposure Notice (in development)
Confirmed close contact at outdoor low-moderate risk activity (unmasked)	Unvaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Exposure Notice (in development)
Confirmed close contact at outdoor low-moderate risk activity (unmasked)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Exposure Notice (in development)
Possible exposure [not a close contact]	Unvaccinated	Monitor symptoms for	E.g., Classroom-based youth activities

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at indoor low-moderate risk activity (masked or unmasked)		14 days; Test at Day 5 recommended	Send Template Letter 3.5
Possible exposure [not a close contact] at indoor low-moderate risk activity (masked or unmasked)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	E.g., Classroom-based youth activities Send Template Letter 3.5
Possible exposure [not a close contact] at outdoor low-moderate risk activity (masked or unmasked)	Unvaccinated or Vaccinated	Exposure Notice - Symptom Screening	E.g., outdoor youth activity (e.g., swim meet) Send Template Letter 3.5
Outdoor Lunch/Snack- Confirmed close Contact (determined using seating chart or student report)	Unvaccinated	Modified Quarantine; Test at day 5 required	Refrain from social gatherings/going out in public until negative test results are received. Send Template Letter 3.2
Outdoor Lunch/Snack - Confirmed Close Contact (determined using seating chart or student report)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Send Exposure Notice (in development)
Outdoor Lunch/Snack - Undetermined Contact (no seating chart and student is unable to report close contacts)	Unvaccinated and Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Send Template Letter 3.5
Indoor Lunch/Snack - Close Contact (determined using seating chart or student report)	Unvaccinated	Quarantine	Exposed contacts must stay home and refrain from socializing or going out in public. Contacts should test on Day 5 after last exposure and can return on Day 8 with a negative test or Day 11 without a test. Send Template Letter 3.3
Indoor Lunch/Snack - Close Contact (determined using seating chart or student report)	Vaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Send Exposure Notice (in development)

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Indoor Lunch/Snack -Undetermined Contact (no seating chart and student is unable to report close contacts)	Unvaccinated	Monitor symptoms for 14 days; Test at Day 5 recommended	Send Exposure Notice (in development)
Indoor Lunch/Snack -Undetermined Contact	Vaccinated	Exposure Notice - Symptoms Screening	Send Template Letter 3.5
Carpooling (>15 min)	Unvaccinated / unmasked	Quarantine	Exposed contacts must stay home and refrain from socializing or going out in public. Contacts should test on Day 5 after last exposure and can return on Day 8 with a negative test or Day 11 without a test. Send Template Letter 3.3
Carpooling (>15 min)	Unvaccinated / masked	Modified quarantine; Test at day 5 required	Send Template Letter 3.2
Carpooling (>15 min)	Vaccinated / unmasked	Monitor symptoms for 14 days; Test at Day 5 recommended	Send Exposure Notice (in development)
Carpooling (>15 min)	Vaccinated / masked	Exposure notice	Send Exposure Notice (in development)
Travel Guidance			
Travel out of state	Unvaccinated TK-12 Students	Modified Quarantine; Test on Day 5 after return required	
Travel out of state	Unvaccinated Staff and children in	Quarantine; Test on Day 5 after return required	Stay at home and refrain from socializing or going out in public until negative results are received.

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	Child Care		
Travel out of state	Vaccinated Students/Staff	Monitor symptoms for 14 days; Test on Day 5 after return recommended	

Quarantine (Test on Day 5 Required to shorten quarantine period and return to school on Day 8)

- Unvaccinated close contact of a household member who tested positive for COVID-19
- Unvaccinated person in a childcare setting (0 - 4 years old)
- Unvaccinated person who had unmasked close contact during indoor lunch
- Unvaccinated person who traveled out-of-state
- Unvaccinated person exposed *unmasked* during carpool (>15 min). TBC

Modified Quarantine (Test on Day 5 Required)

- Unvaccinated student with possible *unmasked* exposure at *indoor* high-risk activity (see list on page 1) [not a confirmed close contact]
- Unvaccinated student with confirmed close contact during outdoor lunch
- Unvaccinated student who traveled out-of-state
- Unvaccinated student exposed *masked* during carpool. TBC

Monitor for Symptoms (Test on Day 5 Recommended)

- Vaccinated person with close contact to a household member who tested positive for COVID-19 (*case must be able to isolate).
- Vaccinated person with close contact at a childcare facility.
- Vaccinated student with confirmed close contact during indoor and outdoor lunch.
- Unvaccinated and vaccinated students with undetermined contact during outdoor lunch.
- Unvaccinated student with undetermined close contact during indoor lunch
- Unvaccinated person with possible *masked* exposure at *indoor* high-risk activity (see list below) [not a confirmed close contact].
- Unvaccinated person with possible *unmasked* exposure at *outdoor* high-risk activity (see list below) [not a confirmed close contact].
- Vaccinated close contact at a high-risk sports/music activity.
- Unvaccinated person with possible exposure at indoor low-moderate risk activity (masked or unmasked)

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- Vaccinated person exposed during carpool > 15 minutes (unmasked).

Exposure Notice - Symptomatic Testing

- Unvaccinated person with possible exposure at *outdoor* high-risk activity [not a confirmed close contact] - Both positive and exposed persons are masked
- Unvaccinated and vaccinated persons with possible exposure at outdoor low-moderate risk activity (masked or unmasked)
- Vaccinated person with possible exposure at indoor low-moderate risk activity (masked or unmasked)
- Vaccinated person with undetermined contact during indoor lunch.
- Vaccinated person exposed during carpool > 15 minutes (masked).

References:

[COVID-19 Interim Guidance for K-12 School and Youth Performing Arts, Sports and Extracurricular Activities in Marin County](#)

[Outdoor and Indoor Youth and Recreational Adult Sports \(ca.gov\)](#)