

Modified Isolation & Quarantine for All of Ohio

1. If you are made aware of a COVID positive case:
 - a) The positive individual is required to isolate at home for the first 5 days of symptom onset;
 - b) Understand the symptoms the individual has at the end of the 5 day isolation period:
 - i) If they still have a fever and/or other symptoms that have not improved, they need to continue to isolate at home.
 - ii) If fever is gone and other symptoms are getting better, they can return to work or school on day 6, provided they wear a 3-layered mask over their nose & mouth for the next 5 days.
2. If someone has COVID symptoms, but has not been diagnosed, they need to stay home until they are tested, or see a doctor to be diagnosed. (With Omicron spread, you assume symptoms are positive.)
3. For persons exposed to a positive person (within 6 ft. for 15 minutes):
 - a) If the exposed persons are up to date with vaccinations and are 18 years of age or older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people OR are 5-17 years of age and have completed the primary series of COVID-19 vaccines OR had COVID-19 within the last 3 months (infection verified with a viral diagnostic test) AND have remained asymptomatic since the current COVID-19 exposure:
 - i) Wear a mask over your nose & mouth for 10 days from exposure;
 - ii) Test on day 5 if possible;
 - iii) If symptoms develop within 10 days, stay home & get tested.
 - b) If the exposed person is unvaccinated, or not up to date with vaccination (only 1st dose Pfizer or Moderna, or more than 6 months of 2nd dose Pfizer or Moderna and no booster, or more than 2 months of J&J and no booster, or if the person is more than 3 months removed from COVID infection):
 - i) Stay at home for 5 days;
 - ii) Wear a mask for the next 5 days;
 - iii) Test on day 5 if possible;
 - iv) If symptoms develop, stay home and get tested.
4. If the exposure occurs in the school setting, use the modified “Mask to Stay Test to Play” ODH policy. (Exposure in this instance is within 6 ft. for 15 minutes unmasked, or within 3 ft. for 15 minutes if the exposed person is properly masked.):
 - a) Wear a mask for 10 days from last date of exposure.
 - b) Self monitor, parent monitor and school personnel monitoring.
 - c) If symptoms develop, isolate them and have them get tested to return.
 - d) Test on day 5 if possible.
5. If the exposed person does not wear a mask due to an exemption, we need to work together to resolve it. Our options are:
 - a) Switch to universal masking to reduce risk to others.
 - b) Testing the individual (ODH is recommending daily testing).
 - c) Keeping the person 6 ft. away from others.
 - d) Strict compliance of hand hygiene and coughing etiquette.
 - e) Provide education to the student in an isolated area.
6. Test to Play – The individual can participate in the activity if:
 - a) They have no symptoms.
 - b) Wear a mask as much as possible.
 - c) Test within 24 hours of exposure and recommend to test again in 5 days.
 - d) Recommend same day testing for competitions between districts.

CDC - Covid Updated Guidelines December 27, 2021

10 day isolation and Exposure Quarantine Time Relaxed

The following updated guidelines from the Centers for Disease Control (CDC) indicate the actions taken for isolation and quarantine.

IF YOU TEST POSITIVE FOR COVID

Who?	Actions
Everyone regardless of vaccination status.	<ul style="list-style-type: none">● Stay home for 5 days.● If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.● Continue to wear a mask around others for 5 additional days.● If you have a fever, continue to stay home until your fever resolves.

IF YOU WERE EXPOSED TO SOMEONE WITH COVID-19

Who?	Actions
If you have been boosted , or completed the primary series of Pfizer or Moderna vaccine within the last 6 months, or completed the primary series of the J&J vaccine within the last two months.	<ul style="list-style-type: none">● Wear a mask around others for 10 days.● Test on day 5 if possible.● If you develop symptoms, take a Covid-19 test and stay home.
If you have completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted , or completed the primary series of J&J over 2 months ago and are not boosted , or are unvaccinated .	<ul style="list-style-type: none">● Stay home for 5 days, after that continue to wear a mask around others for 5 additional days.● If you cannot quarantine you must wear a mask for 10 days.● Test on day 5 if possible.● If you develop symptoms, take a Covid-19 test and stay home.

These updates shorten the previous recommendation time for isolation from 10 days for people with Covid-19 to 5 days. A complete description of the guidelines can be found at <https://www.cdc.gov/media/releases/2021/s1227-isolation-quarantine-guidance.html>

WHAT TO DO IF YOU HAVE COVID-19

Regardless of Symptoms or Vaccination Status



- Stay home for the next five days regardless of symptoms or vaccination status.



- Stay away from other people as much as possible (including those in your own household).



- If you can't stay away from other people, wear a three-layer (or better) mask.



- Do you have a fever or other symptoms that haven't started to get better on day six?



YES



- Stay home until your fever is gone and other symptoms are better.
- Wear a mask for the next five days.



NO



- Resume activities with a mask.
- Wear a mask for the next five days.

If you are having symptoms of COVID-19 and waiting for your test results, stay home until you get your results.

WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WHO HAS COVID-19**

And, Your COVID-19 Vaccines Are Up-to-Date

- If you received a booster dose of any COVID-19 vaccine.

or

- If you completed the primary series* of Pfizer or Moderna vaccine less than six months ago.

or

- If you completed the primary series* of Johnson & Johnson vaccine less than two months ago.



For
10
days

- Wear a mask around others for 10 days after your last exposure.
- Test on day five.
- If you develop symptoms or test positive, stay home.

If you tested positive for COVID-19 in the 90 days before your exposure.

- Wear a mask around others for 10 days.
- If you develop symptoms, get tested and stay home.

WHAT TO DO IF YOU WERE EXPOSED TO SOMEONE WHO HAS COVID-19**

And, You are Unvaccinated or Your Vaccines Are Not Up-to-Date

- If you are unvaccinated or only received one dose of Pfizer or Moderna.

or

- If you completed the primary series* of Pfizer or Moderna vaccine more than six months ago.

or

- If you completed the primary series* of Johnson & Johnson vaccine more than two months ago and no booster.



For 5 days

- Stay home for five days after your last exposure, then wear a mask around others for the next five days.
- Test on day five.
- If you develop symptoms or test positive, stay home.

*A primary series consists of one dose of Johnson & Johnson vaccine; or two doses of Moderna or Pfizer vaccine; or three doses of Moderna or Pfizer vaccine if you received an additional dose because you are immunocompromised.

Thank you to Clark County Combined Health District for sharing its graphic with the Ohio Department of Health.

Mask to Stay/Test to Play Option

Quarantining students at home who have been exposed to COVID-19 in a school environment has the unintended consequence of reducing in-school learning and can be an added strain on parents, schools, and local health departments (LHDs). While vaccination and mask usage are critical components to ensuring a safe school environment, we offer an in-school alternative to quarantining students and school staff at home who have been exposed to COVID-19 in a school environment to support in-school learning and reduce the strain.

This recommendation is informed by a growing body of national experience, a pilot in Warren County, and experience shared by other LHDs that points toward a low number of individuals with direct contact to a COVID-19 positive individual within a school setting who convert to positive cases. Based on this information and the success of the Warren County pilot, we recommend the following for K-12 students and staff exposed to COVID-19 in a school setting.

Please note: Eligibility to participate in mask to stay/test to play is contingent on the exposure being in the school setting or school-related activities. This does not apply to household exposures or exposures outside of the school setting or school-related activities.

Mask to Stay

Direct contacts, regardless of vaccination or masking status, may remain in the classroom environment if they do the following:

- Wear a mask for 10 days after their last date of exposure.
- Self-monitor, or parent-monitor, for [symptoms of COVID-19](#).
- Isolate and get tested if they start to experience symptoms associated with COVID-19 (regardless of level of severity).

Direct contacts for COVID-19 are those individuals who are identified as being directly exposed to COVID-19 by the positive case. Remember, COVID-19 is a respiratory virus and does not require physical contact to spread. It is spread through sneezing, coughing, talking, and breathing. These factors should be considered when determining level of exposure and direct contacts. Best practice for distancing is 3 ft with everyone masked, 6 ft if the individual is not masked.

Testing on day 5 after exposure is recommended.

Parents and students are responsible for symptom monitoring; however, if nurses/school staff see a child exhibiting symptoms they should act [accordingly](#).

We recognize that some students are unable to wear a mask because of a medical condition or developmental disability as recognized by their medical provider. In these instances, we recommend that LHDs and schools work together to determine if there is a safe way of allowing these students to remain in the school setting. When making this determination, the level of risk and the safety and health of other students must be considered.

To assess whether an unmasked student can safely remain in the classroom setting, consider:

- *The masking policy of the school.*
 - *Universal masking policies reduce the risk of spread.*
 - *The more students who are wearing masks, the less the virus can spread. This reduces risk.*
- *The testing policy of the school.*
 - *Testing is another strategy that schools could choose to implement.*
 - *The more testing a school does, the greater the chance of identifying and isolating positive cases to reduce the risk of infecting others.*
 - *If districts are planning to allow an unmasked student to remain in the classroom setting, the student should be tested daily.*
- *The social distancing strategy of the school.*
 - *Maintaining a distance of 6 feet or more around the exposed and direct contact without a mask reduces risk.*
- *The ability of the student to follow mitigation strategies/behaviors.*
 - *Proper hand hygiene.*
 - *Proper cough etiquette.*
 - *Maintaining personal distance.*
- *Community transmission rates.*
 - *Community transmission rates should be considered.*
 - *High level of transmission rates in communities creates increased risk of transmission within the school environment and a greater chance for outbreaks.*

When used in combination, these strategies provide an increased layer of protection for the exposed direct contact and other students and staff. Layering mitigation strategies including masking, testing, social distancing and appropriate hygiene measures helps reduce the risk of virus spread.

Test to Play

Asymptomatic contacts may continue to participate in extracurricular activities if they do the following:

Wear a mask when able. (*This includes: transportation; locker rooms; sitting/standing on the sidelines; and anytime the mask will not interfere with breathing, the activity, or create a safety hazard.*)

- Test on initial notification of exposure to COVID-19.
- Testing on day 5 after exposure is recommended.

Please Note: The tests referenced above are SARS-CoV-2 viral (PCR or antigen) tests. They should be proctored/observed by someone and cannot be an over the counter, at-home test that was self-administered without a proctor.

Districts should consider same day testing for athletic competitions where there is the potential of school-to-school exposure. If students involved in competitions become positive for COVID-19, contact tracing with other team does not need to occur; instead, send a general letter to notify the other team of the potential exposure.

These proposed changes incorporate mask wearing and testing to reduce the chance of spread of COVID-19 within structured school settings and provides a safe alternative to quarantine.