

# Isolation & Quarantine Update

## New Timeline for COVID Positive & COVID Exposure 1/13/22



### Individuals who test positive for COVID-19

- **must isolate for 5 days**
  - if symptoms are resolving, then the individual may return to school on day 6\*
- \*Day 0 is the first day of symptom onset. If asymptomatic, day 0 is the day of the positive test



### Children (ages 5-18) who have been exposed and completed the primary vaccine series

- **do not have to quarantine**
- Students with two shots of an mRNA (i.e. Pfizer) vaccine may come to school and participate in after-school activities



### Adults exposed to COVID-19 who have completed the primary vaccine series

- **do not have to quarantine**
- fully vaccinated is defined as two weeks after the receipt of either two doses of the Pfizer or Moderna vaccine or one dose of Johnson and Johnson vaccine or full course of any other recognized vaccine.



### Unvaccinated or Partially Vaccinated

- **must quarantine for 5 days**
- if symptoms appear, testing is recommended on day 5
- if no symptoms, the individual may return to school on day 6

\*Day 0 is the last day of exposure to a confirmed positive case



Anyone who has had COVID within 90 days is exempt from isolation or quarantine. All COVID positive and exposed individuals must wear a well-fitting mask and maintain social distancing of at least 6 feet (including with students and colleagues) at all times upon return to school. If fully vaccinated and symptoms appear, testing is recommended on day 5 after exposure. Children who are unable to tolerate a mask should quarantine for 10 days, rather than 5.

### Required documentation to return to school after five days

Complete the affirmation located on the Chautauqua County Department of Health's website:  
<https://chqgov.com/public-health/cc-public-health-covid-19-isolation-and-quarantine-documents>  
\*isolation affirmation for COVID positive individuals, quarantine affirmation for COVID exposure

**The affirmation documents noted above must be provided to our health office prior to return to school.**

Please send these to our school nurses at the email addresses below:  
Terry Smith, [tsmith@clake.org](mailto:tsmith@clake.org) or Michelle Holley, [mholley@clake.org](mailto:mholley@clake.org)

For health/symptom-related questions, please connect with our health office 716-753-5819 and/or your doctor.