**UPDATED COVID-19 QUARANTINE AND ISOLATION GUIDANCE**

The Virginia Department of Health (VDH) provides guidance for children, teachers, and staff in childcare, K-12 schools, and camp settings. This revised guidance outlines that quarantine is no longer routinely recommended for asymptomatic individuals after exposure to COVID-19 infected individuals.

**Symptomatic persons (regardless of vaccination status**)

* Immediately isolate at home and undergo testing.
* The day symptoms began should be counted as day 0.
  + If a student has become sick at school, arrange for the student to be picked up, while the student waits in a separate isolation room/area.
  + A negative test result will be required prior to returning back to school.
    - If symptoms persists, repeat testing may be required.
  + An at-home rapid antigen test kit for testing at home may be provided from the school when requested, if available.

**Persons who test positive (regardless of vaccination status)**

* Isolate themselves at home for at least 5 days.
* If they are asymptomatic or symptoms are resolving and they have been fever-free for 24 hours (without the use of medication), they may return to programming on Day 6, provided:
  + If the individual is able to mask, they should do so through Day 10.
  + If the individual is unable or unwilling to mask during this time VDH recommends a negative test on or after Day 6 in order to return to programming OR the person should remain home through day 10.

**Persons exposed but asymptomatic (regardless of vaccination status)**

* Exposure is defined as being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or having direct contact with respiratory secretions from an infected person.
* Quarantine is no longer recommended for the above settings. These individuals may continue to attend programming as long as they remain asymptomatic.
  + If symptoms develop, immediately isolate and get tested.
    - A negative test result will be required before returning back to school. Testing should occur 3-5 days after last day of exposure.
* Masks: Students/staff that attend programming during this time may consider wearing a mask around others indoors until Day 10.

Note: If the school or facility is experiencing an outbreak of COVID-19 that has been difficult to control or is unusual in size or scope, regional and local epidemiologists may apply professional judgment and recommend traditional quarantine and isolation standards be applied until the situation is stabilized.

\*\*\*\*\*\*\*PLEASE NOTE\*\*\*\*\*

If a student or staff develops symptoms while at school, they will need to leave the facility and provide a negative test before they can return.

If a student or staff who has tested positive is unable or unwilling to remain masked during days 6-10, they will need to provide a negative test on or after day 6 before they can return.

When proof of negative test is required to return to school/work. Proof must be submitted PRIOR TO the student or staff returning. A photograph of the test results MUST be emailed to [PBANursing@yahoo.com](mailto:PBANursing@yahoo.com) or texted to 757-347-0602.

Please contact the school nurse if you have any questions or concerns.