



THE LAKE AND PENINSULA SCHOOL DISTRICT

## COVID-19: What You Need to Know Center for Disease Control Guidelines

### Guidance for COVID-19 Prevention in K-12 Schools

Updated Jan. 13, 2022

#### Key Takeaways

- Students benefit from in-person learning, and safely returning to in-person instruction continues to be a priority.
- Vaccination is the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- CDC recommends universal indoor masking by all\* students (ages 2 years and older), staff, teachers, and visitors to K-12 schools, regardless of vaccination status.
- New CDC guidance has reduced the recommended time for isolation and quarantine periods to five days. For details see CDC's page on [Quarantine and Isolation](#).
- In addition to universal indoor masking, CDC recommends schools maintain at least 3 feet of physical distance between students within classrooms to reduce transmission risk. When it is not possible to maintain a physical distance of at least 3 feet, such as when schools cannot fully re-open while maintaining these distances, it is especially important to layer multiple prevention strategies, such as screening testing.
- Screening, testing, ventilation, handwashing and respiratory etiquette, staying home when sick and getting tested, contact tracing in combination with quarantine and isolation, and cleaning and disinfection are also important layers of prevention to keep schools safe.
- Students, teachers, and staff should stay home when they have signs of any infectious illness and be referred to their healthcare provider for testing and care.
- This guidance emphasizes implementing layered prevention strategies to protect students, teachers, staff, visitors, and other members of their households and support in-person learning.
- Localities should monitor community transmission, vaccination coverage, screening testing, and occurrence of outbreaks to guide decisions on the level of layered prevention strategies (e.g., physical distancing, screening testing).

Created: January 18, 2022

Current operations, policies, and procedures in regards to COVID issues will be reviewed on an ongoing basis.

# When to Stay Home

## Calculating Quarantine

The date of your exposure is considered day 0. **Day 1 is the first full day after your last contact with a person who has had COVID-19.** Stay home and away from other people for at least 5 days. [Learn why CDC updated guidance for the general public.](#)

## **IF YOU Were exposed to COVID-19 and are NOT [up-to-date](#) on COVID-19 vaccinations** **Quarantine for at least 5 days**

- Stay home.** Stay home and [quarantine](#) for at least 5 full days.  
Wear a well-fitted mask if you must be around others in your home.
- Get tested** Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

### **After quarantine: Watch for symptoms**

Watch for symptoms until 10 days after you last had close contact with someone with COVID.

**If you develop symptoms:** [Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

**Take precautions until day 10**      **Wear a mask**  
**Avoid travel**  
**Avoid being around people who are at high risk**

## **IF YOU Were exposed to COVID-19 and are [up-to-date](#) on COVID-19 vaccinations**

- No quarantine:** You do not need to stay home **unless** you develop symptoms.
- Get tested:** Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- Watch for symptoms:** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms:** [Isolate](#) immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

**Take precautions until day 10**      **Wear a mask**  
**Avoid travel**  
**Avoid being around people who are at high risk**

**IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)**Error! Filename not specified.

**No quarantine:** You do not need to stay home **unless** you develop symptoms.

**Watch for symptoms:** Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

**If you develop symptoms:** Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitted mask around others.

**Take precautions until day 10**

- Wear a mask**
- Avoid travel**
- Avoid being around people who are at high risk**

**If you would like more Information on the latest CDC guidelines.....**

- CDC Guidance for COVID-19 Prevention in K-12 Schools: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
- CDC Quarantine and Isolation: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>
- CDC Overview of COVID-19 Quarantine for K-12 Schools, includes information on Test to Stay: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-contact-tracing/about-quarantine.html>

Created: January 18, 2022

Current operations, policies, and procedures in regards to COVID issues will be reviewed on an ongoing basis.