



# NORTHRIDGE LOCAL SCHOOLS

## COVID-19 QUARANTINE GUIDELINES - Update 8/1/23

### **Northridge Local Schools will be following the CDC guidelines regarding Covid-19 as follows:**

#### **Isolation**

Anyone who has tested positive for COVID-19 should isolate at home for 5 days. Day 0 of isolation is the day of symptom onset. On day 6, if symptoms are improving and they are fever free for 24 hours without the use of fever reducing medications, they may leave their home but should continue to wear a face mask when around others through day 10. After you end isolation, if your symptoms worsen, you should restart your isolation period at day zero.

#### **Exposure**

If an individual is exposed to COVID-19, regardless of vaccination status, they do not need to quarantine, but should monitor for symptoms, wear a face mask when around others for 10 days, and get tested on day 5 (day 0 is the day of last exposure to someone with COVID-19). If this test is positive, they should isolate immediately and follow isolation guidelines. In addition, if symptoms develop at any time, they should isolate immediately, get tested and if positive, follow isolation guidelines.

***Staying home when sick.*** Students and staff should stay home when symptoms of cough, fever, sore throat, vomiting, or diarrhea occur. If testing is positive for COVID-19, CDC isolation guidelines should be followed.

**Hand washing and cough hygiene are SUPER important.**

**CLOSE CONTACT QUARANTINES ARE NOT REQUIRED UNDER CDC GUIDANCE.**

**QUARANTINES ARE ONLY REQUIRED FOR THOSE TESTING POSITIVE**