

## Updated COVID Quarantine and Isolation Guidelines

### The New York State Approach to COVID Quarantine

Effective February 7, 2022

After careful review of the [evidence](#) CDC used to inform these recommendations as well as case and hospitalization rates in New York, NYSDOH is aligning with CDC's updated isolation and quarantine guidance.

After review of the NYS DOH February 4, 2022, updated COVID Quarantine and Isolation please see the updated Quarantine and Isolation guidelines for the Catholic Academy's and Parish Schools within the Diocese of Brooklyn **effective February 7, 2022**

### Updated Quarantine Guidelines

#### NYS DOH Quarantine Exception for Schools (K-12)

- ✓ Exposed fully vaccinated students, teachers, and staff who must quarantine because they did not receive a CDC recommended booster when eligible can attend or work at school during the quarantine period where COVID Health and Safety protocols i.e., social distance, masking, are monitored and enforced.
- ✓ They may also attend or work at school-based extracurricular activities that do not involve participants from other schools. (e.g., not competitive sports events with other schools)
- ✓ They may attend or work at certain eligible childcare programs for school-age children, such as early drop off programs and aftercare.
- ✓ However, these individuals should continue to quarantine as otherwise required outside of school and these school-related activities.
- ✓ If these individuals attend or work at a school with a test-to-stay program they should participate in that program. If the school does not have a test-to-stay program, then it is strongly encouraged that these individuals test at days 2-3 (or the first school day after the exposure is identified) and day 5.
- ✓ Please note that people participating in Test to Stay Strategy to participate in school are allowed to continue to ride the school bus and attend school-administered and their school-age childcare program (whether on-site at the school or off-site at a different location and whether they include students from a single or multiple schools) in which all appropriate mitigation strategies are followed (e.g., masking, distance, ventilation, hand hygiene).
- ✓ Fully vaccinated 5–11-year-old children who are not eligible for the booster, have no further restrictions.
- ✓ Individuals attending or working at a school with the test-to-stay preventive strategy should participate in that preventive strategy.

- ✓ If the school does not have the test-to-stay preventive strategy, it is strongly encouraged that faculty, staff and students required to quarantine test at days 2-3 (or the first school day after the exposure is identified) and day 5 using COVID tests available from Federal, City and State resources.
- ✓ Unvaccinated, not fully vaccinated or 12 years or older -Fully Vaccinated, Booster eligible, but NOT received a Booster, faculty, staff, or student who are identified as a close contact who **does not** follow the test to stay preventive strategy and **does not** submit proof of a negative COVID test on Day 1 and Day 5 are required to quarantine for five days from date of exposure where the exposure date is Day 0.

### **Nursery and Pre-Kindergarten**

Nursery and Pre-Kindergarten, including NYC DOE funded programs, students who were exposed to COVID-19 can return to school after 10 days where the Exposure Date is Day 0 or when:

- Children can return from quarantine on Day 8, with proof of a negative diagnostic COVID-19 test performed on Day 5 or later after exposure. (Day 0 is the date of exposure)
- The test can be any molecular test, or an at home-test that is explicitly intended for use by children as young as 2.

### **Who does Not Have to Quarantine After Close Contact with Someone With COVID-19?**

- Anyone ages 12 or older and who has received all CDC recommended COVID-19 vaccine doses, including boosters if eligible and additional primary shots for some immunocompromised people.
- Anyone ages 5-11 years old who has completed the primary series of COVID-19 vaccines.
- Anyone who has had confirmed COVID-19 within the last 90 days (tested positive using a viral test, e.g., antigen or PCR).

### **What To Do if Not Subject to Quarantine:**

- Wear a well-fitting mask around others for 10 days from the date of last close contact with someone with COVID-19 (the date of last close contact is considered day 0).
- Get tested at least 5 days, if possible, after the date of last close contact with someone with COVID-19. (recommended)
- If test is positive or COVID-19 symptoms develop, isolate from other people, and follow Isolation guidelines.
- Anyone who had COVID-19 within the last 90 days and has since recovered and remained symptom free, does not need to get tested after close contact with someone with COVID-19.

### **Who Has to Quarantine After Close Contact with Someone With COVID-19?**

- Anyone ages 12 or older who has completed the primary series of recommended vaccine and is eligible for a CDC recommended booster shot but **has not** received it.

**Please Note:** These individuals may attend or work at school, where multi-layer mitigation strategies are in place. They may also attend or work at school-based extracurricular activities that do not involve participants from other schools. (e.g., not competitive sports events with other schools) They may attend or work at certain eligible childcare programs for school-age children, such as early drop off programs and aftercare. See Test to Stay preventive strategy guidelines.

- Anyone who has not completed a primary vaccine series.
- Anyone who is not vaccinated.

### **How to Quarantine**

- Stay home for at least 5 days (day 0 through day 5) after the date of the last contact with a person who has COVID-19. The date of contact (exposure) is considered day 0.
  - For example: A person is exposed on January 2, this would be Day 0, count 5 days of quarantine until January 7, this would be Day 5. Return to school on January 8, this would be the first day quarantine free.
- Continue to monitor for 10 days after the date of the last close contact with someone with COVID-19, watch for fever (100.4°F or greater), cough, shortness of breath, or other COVID-19 symptoms. If symptoms develop, get tested immediately and isolate until test results arrive. If test result is positive, follow isolation guidelines.
- Quarantined individuals should make every effort to get tested at least 5 days after exposure, even if asymptomatic. If it is not possible to get a test 5 days after the last close contact with someone with COVID-19, isolation can end after day 5 if there have been NO COVID-19 symptoms throughout the 5-day period.
- However, your child must continue to quarantine for the 10 days as otherwise required outside of academic instruction periods in school, school related extra-curricular activities, early drop off programs and after-school.

### **Updated Isolation Guidelines**

#### **New York State Approach to COVID-19 Isolation**

Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

#### **Who Has to Isolate?**

People who are confirmed to have COVID-19 or are showing symptoms of COVID-19 need to isolate regardless of their vaccination status. This includes:

- People who have a positive viral test (e.g., antigen or PCR) for COVID-19, regardless of whether they have symptoms.
- People with symptoms of COVID-19 including those who are awaiting test results (Rapid or PCR) or have not been tested
- People with symptoms should isolate even if they do not know if they have been in close contact with someone with COVID-19.

### **How to Isolate**

- Stay home, in a separate room from other household members, if possible, for at least 5 days from onset of symptoms or positive test date, whichever came first.
- Isolate for at least 5 days, if symptoms persist a longer isolation will be required.
- Return from Isolation after a minimum of 5 days and the following: (Positive Test date or Symptom Onset Date is Day 0)
  - Fever free for 24 hours with no fever reducing medication
  - Symptoms are improving
  - Licensed Healthcare Provider Note, dated after Day 5, stating the individual can safely return to in person instruction

### **Exhibit COVID-19 Symptoms During the School Day:**

If an individual exhibits COVID-19 symptom during the school day, schools should implement Isolation protocols.

Individuals who exhibit COVID-19 symptoms during the school day are required to isolate and get tested for COVID-19. The individual can return to school when:

- Negative Lab based COVID-19 test or alternative diagnosis (healthcare provider)
- Fever free for 24 hours with no fever reducing medication
- Symptoms are improving
- Licensed Healthcare Provider Note stating you can safely return to in person instruction

**Please Note:** These guidelines are subject to change as the pandemic continues to evolve and updated information is received by City and State agencies.

**Please Note:** The Office of the Superintendents of Schools for the Diocese of Brooklyn reserves the right to implement COVID health and safety guidelines that go above the required city and state COVID health and safety guidelines.